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# RUNNER'S WORLD

*Sweet!*
**SIMPLE, TASTY LOW-SUGAR DESSERTS**
*+ Salty Foods to Savor (and Avoid)*

**8 WEEKS *to an* AWESOME 10K**
TRAINING PLAN, p70

***5 Exercises to* BOOST ENDURANCE**

*Exclusive*
**THE GREAT ESCAPE**
**RUNNING BEHIND BARS**
*By Michael Heald*

## *GET Fit, HAVE Fun!*

**RUN YOUR FIRST (OR FASTEST) 5K**
**FIND A FRIEND TO MOTIVATE YOU**
**TRY A WACKY RACE**

Jessica Osborne is a Radio City Rockette and runner with a 10K PR of 45:24.

**THE PERFECT DAY**
**BEST TIMES TO RUN, EAT, DRINK, STRETCH, LIFT, SLEEP** p56

JUNE 2015
RUNNERSWORLD.COM



# #SEEMYRUN

New Balance sent their new Fresh Foam Zantes on a journey to capture what running looks like around the country. These are some of the stories of #seemyrun.



## Cory/ BOULDER, COLORADO

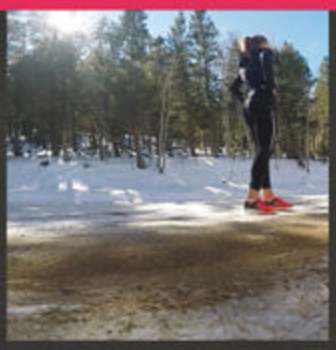
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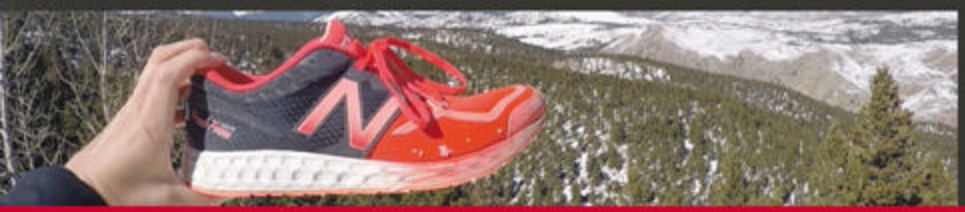




### FIRST IMPRESSIONS

*"It's super light and simple, which is great because I don't have to think about my shoes. I can just run."*





### ON RUNNING IN BOULDER

It's a runner's haven.

### HER FAVORITE RUN

Magnolia Road—it's infamous among distance runners, you definitely feel it the next day. But the view from the top of the city of Boulder is unlike anything I've ever seen.

### FINDING MOTIVATION

Sometimes I think I overcomplicate it to find a deeper meaning as to why I run, but really I'm just motivated by pride for my country and the dream of representing the U.S. on a national stage.





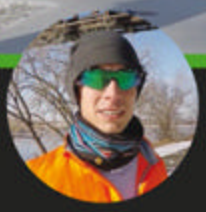
**FIRST IMPRESSIONS**

*"It's cushioning acts as a shock absorber but still provides ground feedback. I love these shoes."*





**Miles/** BISMARCK, NORTH DAKOTA
*TRAINING FOR 3RD MARATHON - PB 2:59*



**ON RUNNING IN BISMARCK**

We don't have specialty running shops, big name races, or clubs. We have diehard runners hell bent on improving their abilities.

**HIS FAVORITE RUN**

The Badlands—it's a very well-kept secret. The roads and trails that go through there, like the Maah Daah Hey, are amazing for running.

**FINDING MOTIVATION**

I don't think anything motivates me to run. I love it, so I do it! I have a very competitive and determined personality. When it's -15° with the wind chill, and you have a 20-mile run to do, finding the motivation to get out the front door at 5am takes a special breed, and I take pride in that.

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Forerunner® 220 | 620

# WARMUP

JUNE
2015

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BY LINDSEY EMERY

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Walsham's "long run" entails climbing 5,400 steps (300 stories). She logged 295,000 stair steps during training last year.



"Because of my lack of a pronounced nose bridge, sunglasses always slip off or pinch," says writer Yishane Lee. She discovered "Asian-fit" models like Pacific Rim Eyewear's Cali while reviewing shades for this issue. "I thought that was a brilliant move. I bet many Asian runners have the same issues!"

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### MORE SHOES!

Between our comprehensive guide on page 87 and our video reviews at **runnersworld.com/shoevideos**, we've made it easy to hone in on the best model for you.

RUNNER'S WORLD COVER SEARCH

### COVER CONTEST

We were thrilled with the thousands of inspirational stories readers sent us for our inaugural 2014 cover contest. So we're doing it again for 2015—tell us your story at **runnersworld.com/coversearch**.



### I'M A RUNNER

Go behind the scenes at the photo shoot for *Entourage*'s Adrian Grenier at **runnersworld.com/imarunner**.

PHOTOGRAPHS BY JOHN BURCHAM (TAYLOR); MITCH MANDEL (ICE POPS); COURTESY OF SPORTING REPUBLIC (WALSHAM)

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WARMUP

## What is your prerace ritual?

"Pray that I don't humiliate myself."

"I listen to songs that pump me up, but not too much. 'Around the Bend' by Asteroids Galaxy Tour is a fave."

"I've pretty much worn the same sports bra for every race. (I wash it, I swear!)"

"Half a cup of coffee, and I put on my 'follow your heart' bracelet."

"I *always* have to brush my teeth."

"I tie on a bandana, then get down on one knee and ask for strength and guidance."

"I used to have elaborate rituals, like using my lucky golden safety pins. But these days, I just make sure to get in a decent warm-up and try not to worry about anything else."

"Sushi and a glass of red wine, believe it or not!"


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# CHATTANOOGA, TENNESSEE



**RUNNER**
Nick Lewis

**THE EXPERIENCE**
Built in 1891, the Walnut Street Bridge spans the Tennessee River and links downtown Chattanooga to the suburban North Shore. "Heading over the river at sunrise offers an incredible sensory change," says Lewis. "Crossing it gives you a true sense of synergy between an urban landscape and being in the secluded outdoors."

**FAST FACTS**
In the late 1980s, preservationists saved the bridge—closed for nearly a decade due to structural issues—from demolition and restored it as a pedestrian walkway in 1993.

**HIT THE TRAILS**
From here, Lewis runs to Stringers Ridge, a 92-acre park with 10 miles of trails through dense stands of oak and hickory trees.

**LOCAL FARE**
Swing by Taco Mamacita for the General Homeboy tacos loaded with panko-breaded shrimp smothered in Thai chili sauce. Pair with a side of Mexican street corn and an El Camino margarita, says Lewis.

**PHOTOGRAPHER**
Tobias MacPhee

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# HEART OF THE MATTER



**I'D LIKE TO** introduce you to Jon Tota. Jon is married to Amy Vorland Tota, an advertising manager at RW. They have three young boys and live in New York City. He's 42, the president of a small software company, a fully engaged father—and a runner for the past 10 years, thanks to Amy, who got him started. He has run the New York City Marathon (a 3:57 in 2013), two halfs, and a bunch of shorter races. When life is hectic, he runs home from his office to get his miles in. One other thing: He's lucky to be alive.

Jon has some advice for you. You've heard it before and probably ignored it. After all, you're fit. You're a runner! No reason to worry. So I'll let Jon explain in more detail:

"My sister Noelle and I were running a 10-miler in Central Park on a Sunday when it happened. We both were training for the NYC Half. Every step of the run is blacked out for me, so most of this is secondhand. Noelle says I seemed fine. We were averaging 8:30 miles, pretty normal. In the final 800 yards or so, I kicked up a hill to finish strong. Amazingly, running behind me was a former EMT named Jim Palmer. He and his friends saw me go down. They say that from behind it looked like I hit a patch of black ice and fell flat on my face. When they picked me up, I was breathing with a lot of difficulty. I took a few steps, then collapsed and had no pulse. On my Garmin, my heart rate hit 195 then dropped straight to zero. It's eerie to see it now in my activity history.

"When I went into cardiac arrest, Jim began CPR. A nurse and doctor, both of them also runners, showed up. The three did chest compressions for 15 minutes or so until an ambulance arrived. My pulse and color returned, but at the hospital, I coded a second time. They revived me again, although I remained unconscious.

"That night, they induced me into a coma and did a ton of tests. They discovered that I have an anomalous right coronary artery. Basically, that artery takes a potentially dangerous course out of the heart, running between two large vessels. When the heart is pumping hard, the two vessels can strangle the artery and restrict bloodflow. It's a congenital condition that had gone unnoticed. I grew up playing sports but hadn't had any heart issues. No family history.

"On Tuesday they took me off sedation. By Friday, I was up and walking around. No brain damage at all. I was in the hospital for 12 days, and I haven't had a better feeling in my life than coming home to see my three boys.

"My doctors said my overall fitness played a big role in my fast recovery and ability to withstand the trauma. My surgeon says we will work slowly toward running again. I may not post six-minute miles anytime soon, but I can get back to light running this summer and pick up intensity in the fall. He says beyond that is a negotiation. I think it's a nice way to say, 'We'll see.' But I intend to get back to a marathon one day.



Jon Tota ran the 2013 NYC Marathon in 3:57. His current goal is the 2016 NYC Half.



Seven years after the publication of his best-seller, *The Complete Book of Running*, Jim Fixx suffered a heart attack at age 52 while on a run in Vermont. An autopsy revealed he had serious blockages in all three coronary arteries.






Ryan Shay collapsed during the Olympic Marathon Trials in New York City in 2007. A structural defect known as heart scarring apparently led to his death at age 28.



*Jon with wife Amy and their boys, Grayson, Dash, and Ty (left to right).*

"I was very disappointed to learn that I need open-heart surgery—the artery that caused my heart attack has to be corrected. And I now have a defibrillator in my chest to shock my heart back into rhythm if it stops again. It's uncomfortable. But oddly, I feel more content and at peace than before my incident. And best of all, I am alive and have full use of my arms and legs.

"Here's the thing: Before this, I hadn't been to a doctor since I was in my 20s. I thought I was invincible. I've asked a lot of male friends and found it's not uncommon. I think everyone should get checked out regularly, even if you feel totally healthy like I did."

**I'M 47** and *do* have a family history of heart disease. I've heard plenty of tragic stories. I was at the Olympic Marathon Trials in 2007 when Ryan Shay died, the highest profile heart-related fatality in our sport since Jim Fixx, who helped launch the first running boom, dropped dead on a run in 1984. But it wasn't until I heard Jon's story—a runner saved by runners, perhaps by running itself—that I finally stopped delaying and had my first heart screening. It revealed slightly elevated levels of HDL ("good") cholesterol but a low probability of coronary heart disease or congestive heart failure. I have more to do—nutritional tweaks, a stress test—but I now have some important, and immensely comforting, information. I took Jon's advice. I hope you do, too.

**DAVID WILLEY**
EDITOR-IN-CHIEF @DWilleyRW

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## THE INBOX

### LASTING IMPRESSION

I started running (and reading RW) shortly after you became a newbie, Marc Parent ("The Home Stretch," April). You were there when I needed a reality check and a good laugh. You gave me validation that it was okay to call myself a runner when I felt like an impostor. For five years, I've been telling people, "I just started running," but I guess it's time for me to shed the newbie image, too.
MARTHA AARONS, ASPEN, COLORADO

### LOCAL LOVE

I knew it! Less than a tenth of a mile from my childhood home, I always knew Weedon Island in Florida ("Rave Run," April) was an undiscovered running oasis. I guess I'll have to share now!
KEVIN STRICKLAND, ST. PETERSBURG, FLORIDA

### IN THE SPOTLIGHT

Thanks for featuring Toni Carey, founder of Black Girls Run, in the April issue ("Street Style"). As an African-American woman and runner, it's refreshing to see BGR receive well-deserved recognition. I will now seek out a chapter in my area. Kudos to you for including fresh, diverse faces and perspectives in RW.
ANDREA GUIDEN-PITTMAN, VIENNA, VIRGINIA

### NIP IT IN THE BUD

"What Your Knees Need" (April) came at the right time. I think I have "runner's knee," so I did the exercises, which I thought were easy. But now my muscles are sore in places I've never felt before. Clearly, some muscles were neglected. Thanks for helping me avoid an injury.
ROBIN MITCHELL, TUCKER, GEORGIA

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### THE TWEETS FLEW IN AFTER PARENT WROTE HIS LAST COLUMN IN OUR APRIL ISSUE:

"Feel like @Newbiechronicle and I were baby runners together. First column I read every month. Thanks for all the great words!"
—@jenlefforge

"No, it's not me tearing up at @Newbie-chronicle's @runnersworld final column. Definitely not. Happy running and thanks for sharing the miles."
—@rachelkaras

"Is it bad that I cried reading your last #newbie article? It's like losing your running buddy! Waiting for next adventure!"
—@karintaylor21





## THE QUESTION

# WHAT GETS YOU OUT OF BED TO RUN IN THE MORNING?

Some readers rely on not-so-subtle iPhone alarm messages to help them hit the road.




Check out page 40 for tips on squeezing the most out of morning runs.

## THE COVER

If you think racing a 10K is tough, try chasing it with back-to-back performances as a Radio City Rockette. That's what cover model Jessica Osborne, 31, did one day last November. "Dancing with Radio City is an incredibly challenging job," says the Queens resident who has been a Rockette for seven years (and ran 48:46 in that 10K). "We rehearse six days a week for six hours a day and do up to four shows in one day. My running makes the dancing easier because my endurance is sky-high. Plus, the eccentric muscle contraction of bringing our high-kicks down quickly—we do 300 kicks in one show—makes me a faster runner." Osborne is targeting another 6.2-mile race in June in New York City. "At that last 10K, I averaged 7:38 per mile. I'd like to take it up a notch from there." *Cover photo by Danny Zapalac.*

## THE STAT

# 27

Percentage of runners who say if they could only race one distance for the rest of their lives, they'd pick the 10K. (45% would choose the half marathon.) Learn how to ace 6.2 miles on page 66.

Based on 12,829 responses to an online poll

PAGE 15: PHOTOGRAPH COURTESY OF JENNIE CLAYTON (THE QUIZ)

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**THE QUIZ**

## CAN YOU NAME THIS FAMOUS RUNNER FROM THE 1978 PEACHTREE ROAD RACE?

Hint: He's the most recognized figure in the sport, according to a recent Running USA survey. Find the answer in the pages of this magazine.

**THE OUTTAKE**



**Holly Andres**, a photographer based in Portland, Oregon, was initially "terrified" about shooting at the Oregon State Penitentiary ("The Wall," page 76). "I'd never been in close proximity with people capable of committing awful crimes," Andres says. She feared the "heaviness" of the place would affect her ability to work. "But the energy was so positive. The courtyard reminded me of an elementary school track-and-field day. The experience changed my perspective. Afterward, I felt less fear and more compassion for the inmates." Andres herself was inspired to start running after shooting Meb Keflezighi for our May issue ("Run Like Meb"). "We had a break, and Meb ran during it. You could tell that [his desire to run] was uncontrollable. It's powerful to be around someone like that."

**THE GALLERY**

## #RWSPLURGE

Next month, snap on-the-run shots during vacation. Tag it **#RWTravel**.



"How I #RWSplurge after a tough race." *—@chefmark617*



"I. Just. Died. Thank you oh great Apollo Burger." *—@rugerlady*




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26.2 MILES OF BROTHERLY LOVE p20 + NATURAL BORN RUNNERS p25

# HUMAN RACE

p28

NEWS, TRENDS, *and* REGULAR RUNNERS doing AMAZING THINGS

QUICK STUDY

## KELLYN TAYLOR

28, FLAGSTAFF, ARIZONA

At her first professional attempt at the distance, Taylor was the first American woman to finish the Houston Marathon in January, clocking 2:28:40. Her time was the sixth fastest American debut ever and puts her among the contenders for the 2016 Olympic Marathon Trials. Taylor, who ran collegiately at Wichita State, had a series of strong 2014 performances that preceded her step up in distance. She won the USA 25K championships in May, finished fourth at the 10K national road racing championships in July, and won the Rock 'n' Roll San Jose Half Marathon in October. Here are eight things to know about the breakout star. —MICHELLE HAMILTON

**1 / SHE'S FOUND HER DISTANCE.** "The marathon is where it's at. It has the most promise for a career. I hope I can become really good at it."

**2 / SHE CAN'T SAY NO TO A RUN.** "My 4-year-old daughter [Kylyn] wants to 'race' me after my hard workouts. It's exhausting, but I love being a mom."

**3 / SHE'S BUCKING STEREOTYPES.** "I'm studying to be a firefighter. My classmates are these huge guys. I see skepticism in some of their eyes. I think, *I'm going to prove you wrong.*"

**4 / SHE'S WELL-ARMED.** "I do 10 pullups every night before bed. It's the little things that often move you from good to great. I want to be great."

**5 / SHE WORKS UP A SWEAT WATCHING TV.** "My second workout is on the treadmill at 9 p.m. Without entertainment, it's a death march. So I watch *Gossip Girl, Criminal Minds,* and *New Girl.*"

**6 / SHE'S A SUCKER FOR PUPPY EYES.** "We have four dogs, all from the pound. I was the weirdo kid saving ants from being stepped on."

**7 / SHE WATCHES WHAT SHE EATS.** "Postrace, I love a well-done burger with cheddar and bacon. But no bun. Gluten makes me feel like crap."

**8 / SHE DANCES IN THE KITCHEN.** "Kylyn and I have dance parties while making dinner. We are not rhythmically gifted. The blinds are closed while this is happening."

### TAYLOR'S TWEETS

**What you'll get following @kjxcountry16**

Fact: When Epsom salt is spilled in the security line at the airport, you will be told at least once that it looks like drugs #win



I may or may not have just made brownies in secret, while Kylyn was distracted, so that I wouldn't have to share the batter... #momoftheyear

Everyone is running PRs and I'm over here eating chips and drinking wine. #runbreak #wishiwas racing #patience #ihavenone

That moment when everything you've been doing finally starts to pay off #happy #thankful

PHOTOGRAPH COURTESY OF SWISSÔTEL VERTICAL MARATHON (RUNNER IN HUMAN RACE LOGO)

PHOTOGRAPHS BY JOHN BURCHAM






# ASK MILES

He's been around the block a few times—and he's got answers



## I feel like a jerk when I show up to a "fun run" to race fast while other runners, some in costume, don't care about their times. Should I avoid these events?

*—Mary, via e-mail*

You're entering "fun runs" with no intention of having fun? That's fraud, Mary. Shame on you! Seriously, though, I get it—when everyone around you is looking and acting silly, your own seriousness can feel like the silliest thing of all. So, yes, if your goal is to run a PR, or even just to race hard, I would seek events that are more competitive. Not because leaving tiara-wearing joggers in the dust makes you feel like a jerk. But because competitive races, by definition, offer faster competitors. And faster competitors push you to run your very best. When you snag a PR, maybe you can celebrate with an easy fun run.

Have a question for Miles? Email **askmiles@runnersworld.com** and follow **@askmiles** on Twitter.

## What's the proper response when a couple or group of people takes up the entire sidewalk as I'm running toward them?

*—Sarah, Milwaukee, WI*

Ah, so many ways to approach these situations. There's the head-down, game-of-chicken tactic (which can be dicey). The submissive sidestep (which can put you in traffic or at risk of tripping). The lock-your-arms-straight-out-and-increase-speed maneuver (which is just not civil). Or the run-right-up-to-offenders-then-screech-to-halt-and-stare-them-down (which is very passive-aggressive, and I'm sure you're not that kind of person). Personally, I recommend the following: Make eye contact, smile, and offer a cheerful, "Excuse me!" Works every time. Oh, and on a related note: Remember this the next time you're running with a friend or a group. Runners can be guilty of this same offense.

### MILES ASKS

**First 26.2 is five weeks away, but I broke left tibia in six places. Also impaled skull on metal rod. How should I adjust training?**

- Rub some dirt on it and get back in the game. *#wuss @RUNgtshaffer*
- I hear kinesiology tape works! *@OutToRUNch*
- Make sure to hydrate. Hydration is the solution to every running challenge. Even impalement. *@mrsboaz7*
- You may need to adjust your race goal. *@ScottHaack*

GO YOU!

## Runners who inspire us



### HARRY HOFFMAN JR.

***Going for the long haul***

Hoffman, 74, thought he'd stop once he logged 250 marathons. But he's now going for 300. Hoffman, who started running in 1993 to lose a few pounds, now has 268 (and counting) 26.2-milers to his credit. When he retired in 1999, Hoffman and his wife bought a motor home and spent the next six years touring the country as he ran a marathon in each state. "We were like gypsies, parking at Walmarts, going from race to race," he says. After returning home in 2006 to Stuart, Florida, Hoffman decided to resume working as a respiratory therapist. He continues to run marathons in the Sunshine State. "I'll keep running as long as I'm upright." —MEGAN HETZEL



### MAGGIE YOUNT

***Pushing her way into the record books***

With her 3-month-old son leading the way, Yount sprinted into the *Guinness World Records* book, setting (pending) stroller 5K and 10K records—on the same day. Yount ran a 37:29 10K and a 19:08 5K to also win both events, which were part of San Jose's Double Road Race 15K. Yount had about an hour between races, during which time the 31-year-old of Portola Valley, California, did a diaper change and feeding. Yount's husband ran alongside to keep tabs on Sebastian (a.k.a. "Bear"), who logs 50 stroller miles a week."I feel like he has a bad day if he doesn't get his morning run," Yount says. "We're both a little angry." —ALISON WADE

ILLUSTRATIONS BY **ANDY REMENTER**

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HOKA ONE ONE




*Jim, Alan, and Matt Evans (left to right) at the start of Grandma's Marathon in June 2014, and with their parents, Bob and Mary (below).*

# A PRE RACE TRADITION

Three brothers turn their hometown marathon into a family reunion with beer, handlebar mustaches, and fraternal competition.



**The Brothers Evans** are nothing if not loyal sons of Duluth. Though they're scattered by time and circumstance, every June for the last 31 years the brothers—Matt, Alan, and Jim—have returned to their Minnesota hometown to run Grandma's Marathon. To date, the Evanses have run the race a collective 102 times—frequently in blistering times, recently in costume as Oregon track legend Steve Prefontaine.

The brothers began competing in Grandma's, which traces the north shore of Lake Superior, as teenagers. Since then, Jim has collected 37 Grandma's medals, Alan has 34, and Matt has 31. Credit goes to their mom, Mary. Back in 1988, the race offered lifetime memberships to runners for $100, and so Mary took advantage of the deal and bought three of them. "It's the best $300 she ever invested," Alan says. "It ensures that we're going to be home every year.'" A tradition was never the plan, the brothers say, but now the juggernaut can't be stopped even as times slow and joints grow noisier. "We're creatures of habit," Jim says. "I don't know if that's sad or not."

Mostly, race weekend is a chance to see parents and old friends and then run alongside brothers. "We aren't doing a lot of marathons because we love marathons," Matt says. "We are doing Grandma's because it's the marathon we do together." —CHRISTOPHER SOLOMON

PHOTOGRAPHS BY **RYAN LOWRY**

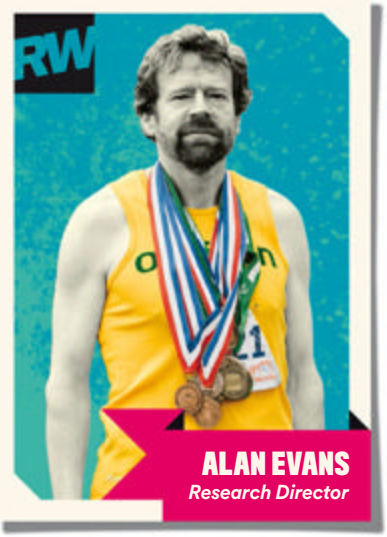


**JIM EVANS**
*English Teacher*

## JIM EVANS
*54, St. Paul, MN*

GRANDMA'S **37** MARATHONS

**FASTEST GRANDMA'S TIME** 2:38 (1984, at age 23)
**2014 GRANDMA'S TIME** 3:38
**RITUALS** "The night before, we do a spaghetti dinner and stay up late drinking beer. We've been running as Prefontaine the last few years, so we shave down our beards to get our handlebar mustaches."
**REGRETS?** "There was the year I finished with Alan. We ran a 2:38 together. That was the last time I could've beat him, because I felt better than he did, but I decided to finish with him. I regretted it."



**ALAN EVANS**
*Research Director*

## ALAN EVANS
*51, Corning, NY*

GRANDMA'S **34** MARATHONS

**FASTEST GRANDMA'S TIME** 2:28 (1995, at age 31)
**2014 GRANDMA'S TIME** 2:46
**COMPETITION** "I'm the most serious. Still trying to run fast. Matt has the best first marathon time [2:49] in the family, which he reminds me of."
**LOCAL PERKS** "Since my parents live in town and their friends go to the race, we get cheered a lot. We have our own special drop-off point. We sneak through the woods, like, 100 yards from the starting line. We know the terrain. We bushwhack through the woods, then pop out."



**MATT EVANS**
*Physics Teacher*

## MATT EVANS
*49, Eau Claire, WI*

GRANDMA'S **31** MARATHONS

**FASTEST GRANDMA'S TIME** 2:44 (1991, at age 25)
**2014 GRANDMA'S TIME** 3:38
**HOMECOMING** "Most families have these nice traditions, like, 'Let's get together at Christmas,' 'Let's do 4th of July fireworks.' Ours is, 'Let's do a marathon.' We stay with our parents, who live in the same house they've had for 50 years. Friends come over for postrace pizza. It's sort of like going to a high school reunion—but you like the people."
**PRIORITIES** "We've had to plan to ensure no kids were born in June."


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## *Remy's World*

BY MARK REMY

# TRANSPLANTED

I knew moving across the country would change my running life. But not like this.

This is a story about how moving to Portland, Oregon, killed my running. ¶ Wait, that's not fair. Let me rephrase. This is a story about how my family and I moved from eastern Pennsylvania—where I'd been working for this magazine—to Portland, and how I've somehow managed to run much, much less since then, defying all expectations. ¶ The story starts about one year ago. ¶ We had agreed, my wife and I, that it was time for a change of scenery. She was working from home. I figured that I could too, probably, if I really wanted to. Our kids, ages 1 and 4, were still young enough not to be traumatized by a cross-country move. And small enough not to put up much physical resistance. Their muscles are a joke!



ILLUSTRATION BY **EDDIE GUY**

So we were moving. But where?

After months of chatting, debating, weighing (of pros and cons), and online-researching, we bought a house in northeast Portland. I still sometimes can't believe we did it. But I'm glad we did. By just about every measure, we're very happy here. The people are nice, the vibe is laid back, our neighborhood hole-in-the-wall pizza place has nine—nine!—local craft beers on tap. Even the rain hasn't been all that bad.

And then there's the running. Portland's racing calendar is packed, from small 5Ks to the Hood to Coast relay and the justifiably popular Portland Marathon. You're never far from a locally owned running store, or from one of the numerous well-maintained paths, including those along the Willamette River. Local motorists are almost eerily respectful of pedestrians.

Oh, and did I mention Forest Park? More than 5,100 acres of undeveloped woodland laced with paths, fire roads, and the 30-mile Wildwood Trail? Douglas fir and western red cedar and ferns and streams? Yeah. There's that.

Moving to Portland is like dying and going to runner heaven!

Except it isn't. Not for me, anyway. Instead of heaven, I'm in runner purgatory—lacking motivation, unable or unwilling to do speedwork (what's the point?), dragging myself out the door through sheer force of will maybe twice a week for a few measly miles at a time.

Out of optimism or defiance, or maybe both, I registered for a half marathon and joined a local store's racing team. Fifty bucks got me discounts for race entries and store purchases, "accountability, camaraderie, and team spirit!" and a team singlet.

I skipped the half marathon, and the singlet remains wadded up in my closet. Its very presence mocks me.

Through it all, one question has

**In two years, I figure, my running life will feel fully rejuvenated. And in the life of a distance runner, two years is nothing. I can handle two years.**

followed me like a slate-gray cloud: How the hell did this happen?

When people ask me why we moved to Portland, I like to answer with an anecdote:

Back in Pennsylvania, we lived on a street lined with big, beautiful trees. Every so often one of them would begin to buckle the sidewalk with its roots, at which point its days were numbered. Sooner or later the city would order the tree removed, and men would come with chain saws and a wood chipper.

Our first month in Portland, a neighbor was having a stretch of his sidewalk redone. Why? Because, he explained to me, a tree nearby needed room to grow.

That. That, in essence, is why we moved to Portland.

**Six months** later I found myself helping to plant a June Snow Giant Dogwood near our own sidewalk, through a community tree-planting project. It wasn't until later, possibly on one of my measly runs, that I got to thinking—How long does it take, anyway, for a new tree to really establish itself? How long before it stops feeling like a transplant and starts feeling like it belongs?

***How has moving changed your running life?***

Join the conversation on Twitter using **#RWAdvice** and following **@remysworld**

In Pennsylvania, I had roots. The daily lunch runs at *Runner's World* HQ alone were huge. (It's hard not to stay motivated when people appear at your office door every day at noon, holding gym bags and waggling their running shoes at you.) I was part of a running scene that offered "accountability, camaraderie, and team spirit!" so well, and for so long, that I completely and utterly took it for granted.

Until it was gone.

So how long does it take before a transplant begins to feel, well, not like a transplant?

Again, I did some research. An article from the Colorado State University Cooperative Extension yielded two helpful bits of information.

First, it takes about three years for the roots of a transplanted tree to "rejuvenate."

And second, the tree shouldn't be pruned during this time. Pruning prompts new growth, and new growth must be fed. This is tough for a newly moved tree "because it is struggling to maintain its current vegetative growth while at the same time renew its root system."

We're coming up on our one-year anniversary in Portland. A couple more years, I figure, and my running life will feel fully rejuvenated. Two more years to sink roots, to acclimate and grow.

In the life of a tree, or of a distance runner, two years is nothing. I can handle two years.

Meantime, I've at least gotten back into the weekend long-run habit. Two weeks ago I ran with an eclectic group of locals who run together every Saturday. The chilly morning air, the empty parking lot, the banter, the laughter—it all felt familiar in a very reassuring way.

Somewhere along the way, I found myself chatting with Tom, the weekly run group's de facto leader. We agreed that runs like these, for us, were less about training and more about friendship.

"This is my favorite part of the week," he said.

And just like that, I had a new bud.

Mark Remy is a *Runner's World* writer at large. For more, go to **runnersworld.com/remys-world**.


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*Ruegger gets kids moving (far left and top); Ruegger running the 1984 Olympic Marathon (left); club cofounder Brian Warren (above)*

# PHYSICAL EDUCATION

## An Olympian's running club helps at-risk kids improve their fitness, academics, and confidence.

**Silvia Ruegger** was so inspired watching the 1976 Montreal Olympics on TV that she wrote down a lofty dream: "Run for Canada at the Olympic Games." The 15-year-old "had not really run a lot, trained consistently, or competed," so she wedged the audacious note between her bedroom floorboards. Out of sight, but not out of mind. Ruegger began running on the roads around her family's Ontario farm. Just eight years later, in 1984, she stood at the starting line of the first women's Olympic Marathon. She came in eighth, and the following year she set the Canadian record for fastest women's marathon, 2:28:36. "I believed if you dreamed big and worked hard, you could achieve anything," she says.

That's a lesson Ruegger, now 54, hopes to impart to the 1,800 kids enrolled in her Running and Reading Club, an after-school program for underprivileged elementary school students in Canada. After retiring from the sport in 1996, Ruegger moved to Toronto and volunteered to work with kids at an inner-city church. She wanted to do more to help the kids, many of whom suffered from obesity, unstable living conditions, and poor academic performance. She met Brian Warren, a former Canadian Football League player, who suggested tapping into her running background. The two collaborated and created the Running and Reading Club.

The first club was launched in Toronto in 2004; now the program is in 29 schools across the country. The clubs meet once a week during the school year. At each location, kids spend 45 minutes running and playing running-centric games and then another 45 minutes reading and working on vocabulary. Participants receive free running shoes and close out the school year with a 5K in which they compete against clubs from their region. "A 5K goal seems big and daunting at first, but once they do it, it has a huge impact on their confidence," says Ruegger, who no longer competes but still runs regularly. Ruegger is active with her local Toronto clubs and recruits volunteer mentors to lead those outside her reach.

Every 5K participant receives a medal, which Ruegger hopes will serve as a tangible reminder of what they've accomplished after they age out of the club. It worked for 16-year-old Devon Smiles, who has his medals plus two first-place trophies displayed in his bedroom. Smiles, who attends a private high school on a scholarship, now uses running to condition for basketball. "I can play a lot longer than other kids because my cardio is good," he says. And he's inspiring his teammates off the court. "Some of the guys see me reading a book on the bus and ask me about it."

For Ruegger, one of the best things about a story like Smiles's is the influence his success can have on others. "Once one person breaks that barrier, then others have someone to look up to. 'Wow, look at Devon. If he can do it, I can do it.'"

—NANCY AVERETT



*Canada's long winters mean lots of gym time. Ruegger leads her charges through running-focused indoor games.*

PHOTOGRAPHS BY **NICK WONG**

PHOTOGRAPH BY CANADIAN OLYMPIC TEAM, 1984/THE CANADIAN PRESS (RACE PHOTO)



RUN IT BY **ME**

# FAST AS A...

Zoo director and marathoner Thane Maynard explains animal speed.

**Maynard trains** like an animal. Or so he'd like to think. The Cincinnati Zoo director logs a third of his weekly mileage on zoo grounds, with the athletes of the animal kingdom as his inspiration. "I have a tremendous fascination with running animals," says Maynard, 60, who is running his hometown's Flying Pig Half Marathon for the 10th time in May. "If animals competed in the Olympics, they'd smoke every person," he says. "Even Usain Bolt. I doubt a human could even keep up with a house cat or a bunny rabbit." Here's Maynard's dream team of speedy beasts.

—NANCY AVERETT



Bolt's been clocked at 23 miles per hour.



### CHEETAHS

"At the zoo, we have the fastest animal ever recorded in history, Sarah the cheetah. *National Geographic* filmed her running 100 meters. She finished in 5.95 seconds. Her top speed was 61 miles per hour. Scientists who study cheetahs credit their speed to their strong hind legs, which help them increase the number of strides they take. Cheetahs also run with their claws out, which gives them good traction."



### OSTRICHES

"The fastest two-legged animals. They can easily run 40 miles an hour. They have long legs relative to their body size, which gives them a long step length. Unlike the cheetah, which is exhausted after a short sprint, ostriches can run fast for longer distances. A study found that their springy leg tendons allow them to run while expending 50 percent less energy than humans."



### HIPPOS

"Although they don't look the part, hippos are great runners. They might top the scale at 5,000 pounds and have short, stumpy legs, but they can really move. Hippos have been recorded running up to 30 miles per hour on land. They also engage in underwater running by pushing off a lake bed or riverbed and then gliding."



### GRIZZLY BEARS

"Bears can run way fast, close to 30 miles per hour. And reports say that they can maintain that speed for two miles. But they need motivation. For male bears, that usually means a female. During mating season, males will cover great stretches of land quickly to find their special someone."



### WOLVES

"The ultramarathoners of the natural world are wolves. Animals they hunt are faster than they are, but wolves don't care; they just keep running until their prey is exhausted. Wolves are wild relatives of the domestic dog. If you have a dog, you know how much they love to run. They have great endurance."

PHOTOGRAPHS BY MARATHONFOTO (MAYNARD); ARCO IMAGES GMBH/ALAMY (CHEETAH); TIER UND NATURFOTOGRAFIE J UND C SOHNS/PHOTOGRAPHER'S CHOICE RF/GETTY IMAGES (OSTRICH); VINCENT GRAFHORST/MINDEN PICTURES/GETTY IMAGES (HIPPO); ANDRE GILDEN/ALAMY (BEAR); YVA MOMATIUK & JOHN EASTCOTT/MINDEN PICTURES/GETTY IMAGES (WOLF); ANDREW MCCLANAHAN/PHOTORUN (BOLT)


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## *Road Scholar*

BY PETER SAGAL



# THE FEAR FACTOR

A clueless male learns how scary "compliments" can be to women runners.

You need to know these things about Katie Prout: She is 27, a writer with a day job. She is 5′4″, about 125 pounds, and most of that is lean muscle. She has brown hair, an upturned smile, and a tiny gold hoop in one nostril. She is afraid. And she is furious. ¶ Katie started running in college, after ballet no longer fit in her schedule. She quickly improved, and her runs stretched into two or three miles, taking her off her Midwestern campus into the streets beyond. ¶ "Hey, baby! Your ass looks good! Make sure you don't run it all off!" ¶ The catcalls and shouts and whistles and "compliments" came all the time, she says, from all kinds of people—black, white, Latino, old, and young. She's been harassed by old men in wheelchairs and boys she guessed were 8 or 9 years old. Once, to her astonishment, she spun at the sound of some particularly obscene language and found it coming from an obese woman sitting on a porch, grinning at her. ¶ Now she lives in Chicago, where every run she takes—especially in hot weather, when she likes to run in shorts and a sports bra—is like ladling chum into jerk-infested waters. She has tried: silence, laughing it off, flipping the bird, and a simple, direct "That's disrespectful and I don't like it." That response, she says, seems to infuriate some men—one reacted by pushing her against a wall and threatening her until his friends pulled him away. "You're lucky they're here," he snarled at her.

She told me this story on a recent night. "You've been dealing with this as long as you've been running?" I asked her.

"As long as I've been *walking*," she says.

Fed up and angry, Katie wrote an essay in January for the website The Toast. It begins: "On Saturday, not for the first time, my dad offers to buy me a gun.... Before I can finish describing the sexual harassment I just endured from eight separate men during the one hour, 14 minutes, and 20 seconds it took me to run 10 miles, my dad interrupts. 'See, now this is why you need a .38,' he says. 'Something nice and →



ILLUSTRATION BY **MARK BOARDMAN**

# POWER YOUR PURPOSE.

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Walsham charges through the HR logo.




## RUNNER BY THE NUMBERS

# SUZY WALSHAM

41, SINGAPORE

In 2006, shortly after Walsham moved from Australia to Singapore, she read about a local stair-climbing race. Walsham, who was a track champ as a teen, gave it a shot. She was the first female to reach the top (73rd) floor. Her prize? A trip to New York City to compete in the Empire State Building Run-Up (shown above), which she also won. Walsham is now considered the world's leading female stair-climber. She's won the Vertical World Circuit and the Towerrunning World Cup for the last three years and claimed a record sixth win at this year's Empire State Building Run-Up, reaching the 86th floor in 12:30. "I see run-ups as a race between me and the building," she says. "The bonus is there's always an amazing view at the end." —MICHELLE HAMILTON





**1,576**

STEPS TO THE TOP OF THE EMPIRE STATE BUILDING

**NINE**

Consecutive wins Walsham has had at Singapore's Swissôtel Vertical Marathon

**8.72**

Average pace per floor, in seconds, for her 2015 Empire win

**40**

Floor she was on in NYC when she knew she'd win. "I couldn't hear anyone behind me," she says, "so then it was about maintaining my pace."

**540**

STEPS IN HER 30-FLOOR CONDO, WHERE SHE TRAINS

**FORTY-TWO**

Stair-climbing races Walsham has won

**0**

Stairs taken while shopping. "It's the elevator or escalator for me. I figure I deserve a break."

**2-4-6-8**

WALSHAM'S MANTRA. "I RUN THE STAIRS TWO AT A TIME, COUNTING 2-4-6-8 TURN, 2-4-6-8 TURN."



In a 2009 race, Walsham was the first to reach the 91st floor of this Taipei, Taiwan, building.

small you can carry with you at all times.'"

She describes the incidents and the men and the threats and then she writes, "When I run, I inhabit myself to the very edges, and then I spill out and inhabit space in a way I struggle to do in my daily, less Under-Armoured way. I move with power and purpose—not like I can never be hurt, but like I am truly alive and free, in sync with my own heartbeat. How dare you—father with a stroller, two businessmen out to lunch, man in a group, boy alone—how dare you take my running, this thing that has put me back into my body again, and use it to try and claim my body as yours?"

Dozens of women found their way to the online essay and posted comments that all said, in one way or another, "Me, too!" and, "Finally, somebody said it!" But I was at a loss, which is why I wanted to talk to her about it. This story—this daily stress and fear suffered while doing what we do for pleasure and the relief of stress—was entirely alien to my experience. I never think about being harassed or assaulted during a run, and I've run in some dicey places.

"That's because you're a man," Katie explained, not quite patiently. But for any man, Katie's story poses two challenges. The first is to understand this is a burden nearly all our female friends have endured, while all of us are spared. It seems universal. I asked Paula, a 40-ish friend I run with regularly (when I can keep up), if this had happened to her, and she said, "Of course, all the time. I just got used to it. Doesn't happen much anymore. I run too early in the morning now."

But the second challenge Katie's testimony poses to us men is a little harder. I have never shouted a compliment at a woman running by, other than "Great job!" or, "Keep it up, looking great!" But I have silently admired a woman's physique, sometimes with a smile. Is that so bad?

"I check out people, too," Katie acknowledged. "But I try to be subtle about it."

"Okay, but..." I said, digging myself deeper. "One of the reasons I run is I want to look good. And if a woman were to shout a compliment at me—not that it's ever happened—

PHOTOGRAPHS BY KEN SHELTON PHOTOGRAPHY (TOP RACE PHOTO); COURTESY OF SPORTING REPUBLIC (CENTER RACE PHOTO); EURASIA/GETTY IMAGES (BUILDING)

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# THE INTERSECTION

Where running and culture collide



**MOMENTOUS**



Rock-and-roll legend David Crosby hits a runner with his car, citing sun glare. The runner, who suffered multiple fractures, was reportedly running *with* traffic.

A group of Boston bombing survivors travels to Florida to watch a Red Sox spring training game, courtesy of the team and JetBlue.



Actor and Boston native Mark Wahlberg is producing a new film, called *Patriots' Day*, about the marathon bombings.



Model marathoner Christy Turlington Burns is the first person (outside of Apple HQ) to take the Apple Watch for test runs.



White House Chief of Staff Denis McDonough runs the RNR Half Marathon in D.C. in 1:48.




University of North Georgia pulls its course catalogue after getting backlash for using a stock photo in which two white men in suits beat a woman and a black man in a race.

**STOP!**

**GO!**




Boston shoe makers pay homage to their hometown: New Balance's Fresh Foam Zante features "Fastah" on the right outsole (above, right), while Brooks creates a lobster-covered Boston Launch 2 (above, left).





A cop is escorted off the course of a Chinese marathon after he's mobbed by female runners who believe he looks like a movie star (shown in inset).



Fargo Marathon organizers create the hashtag "FerrellRunFargo" to urge Will Ferrell to sign up for their race.



Grammy-winning rapper Kendrick Lamar performs from the back of a truck while runners chase him 3.1 miles through the streets of L.A.



David Letterman completes a run in socks when his shoes hurt. His joke? "It looks like the old man is crazy."



An actor training for the London Marathon gets some extra mileage by playing a mechanic who chases after an Audi in a TV commercial.

Usain Bolt is among the athletes trying to "Be Like Mike" (Michael Jordan) in a Gatorade commercial.



**FRIVOLOUS**

I'd be thrilled. I guess, in the end, it might be hard for that reason for some men to understand why this is so upsetting to you."

Katie gave me a look that our government should immediately weaponize and use against our enemies. "Men," she said evenly, "are in danger of, at worst, being laughed at by a woman. Women are in danger of being *killed* by men."

It is odd to be shocked by something you already know. Of course, male on female violence is a horrendous problem, but at the same time, to be told that this statistic means a friend sees herself as prey, and your own kind as the predator, is disorienting. We protest and sputter, "But I never would do anything like that..." or "I can't imagine..." But other men would, and Katie and other women can easily imagine it. We encourage women to "choose not to be a victim," but when has it ever been their choice?

We left the ugly threat of violence behind and talked further about the intricacies of male and female interaction. According to Katie, it's not that intricate: If you *know* a woman and she's dressed to impress, and you're in a safe mutually chosen environment for such things (a party, a date, your wedding to her), you can let her know she's succeeded. Katie further says that if you happen to see her running, and you don't know her, you should feel free to compliment her pace or strength. Katie remembers—fondly—an old man on a bus which she'd been racing for blocks, who shouted out a window: "Goddamn, you're *fast!*" Other women told me, however, that they strongly disagree—when they're running, well or poorly, fast or slow, they would very much like to be left alone. In general, you might want to follow Katie Prout's First Principle, when encountering a woman on the road or trail: "Don't be a douche. I'm not here for you."

And never ever suggest to her that she should exercise indoors, or keep herself off the roads to avoid trouble. "I am afraid," she says, "but I'm not going to let my fear keep me from moving."

---

Peter Sagal is a 3:09 marathoner and the host of NPR's *Wait, Wait...Don't Tell Me!* For more, go to **runnersworld.com/scholar**.

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# POP QUIZ

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# 5Ks FOR ALL!

*Run a 3.1-miler for a fast, fun challenge that can complement your other goals.*

By Cindy Kuzma

**THE HALF MARATHON** has the newfound popularity, and the marathon gets the glory. But in terms of fun and flexibility, the 5K just might have them both beat. The not-too-long distance means almost anyone who attempts one can complete it. Often it serves as a gateway to longer efforts, says Camille Herron, an Oklahoma runner who began by running road 5Ks and has gone on to win 16 marathons. Those aiming for the podium can train hard without running taking over their lives, says Matt Thull, a coach at ThunderDome Running (and the proud owner of a 14:11 road 5K PR). And if your primary goal is to enjoy yourself, there's the explosion of themed 3.1-mile events, from obstacle races and late-night light-up runs to doggy jogs. Whether you're looking for a personal-best time or just a way to blow off some steam, here's how to make the most of your 5K experience.

## FINISH FASTER

Crossing the finish line once may have a near-immediate side effect: wanting to do it again, and faster. Thanks to the manageable distance, you won't have to wait too long for your next shot, Thull says.

**MAKE IT HAPPEN** For best results, allow yourself at least five weeks to try again—one to recover, and four for the next block of training. Newer runners can start by adding one "challenge" run per week—say, a longer effort of at least four miles, or a 30-minute run with a two-minute fast surge at the end of every mile. More advanced competitors can work up to a six- to nine-mile long run plus one other hard workout each seven to 10 days. One of Thull's favorites:



*More than 7,500 runners completed this year's Carlsbad 5000, a California 5K known for being fast and scenic.*

PHOTOGRAPH COURTESY OF CARLSBAD 5000/RYAN BETHKE



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a strength-speed combo starting with five to 10 hill repeats. Choose an incline that takes about 45 to 60 seconds to ascend, and slowly jog or walk down in between. Then do a half-mile recovery jog before finishing off with one to 1.5 miles at 5K effort on a road or other flat surface. "Just as you would the last mile of the race, when you think you have nothing left, you'll learn to push through," Thull says. During race week, skip the hills but keep some speed: A max of 1.5 miles of quarter- or half-mile repetitions at 5K pace, with equal or longer rest in between, gets you to the starting line sharp but not overly fatigued.

## RACE WITH A FRIEND

Regardless of your respective experience levels or speeds, signing up together can motivate you both. If you're fortunate enough to find a friend who's just slightly swifter than you, using her as a rabbit can help you push your own performance, Thull says. **MAKE IT HAPPEN** Even if your paces don't sync, you can find a way to train as a twosome—for instance, joining a training group, or warming up and cooling down together but splitting for the rest of your run. And as for your rabbit, keep up with her on a maximum of one hard workout per week, then allow a rest or easy day afterward. Leaving your comfort zone in training prepares you to race your best—but only if you allow adequate recovery.

## TUNE UP FOR A LONGER EVENT

Running a 5K during half-marathon or marathon training gives you mental practice in a race setting as well as a way to test your fitness. Plus, alternating between longer races and shorter efforts keeps your fast-twitch muscles well-trained, honing your finishing kick, says Herron. **MAKE IT HAPPEN** Schedule a 5K at the beginning of your training cycle. Warm up well with an easy jog that lasts at least as long as you'll be out on the 5K course. Give the race your



*Joining friends for a run—especially on speedwork days—can inspire you to push harder than you would alone.*

PHOTOGRAPH BY ASCENT XMEDIA/GETTY IMAGES



best effort; if things go well, carry that confidence into training. On the flip side, don't get discouraged if your performance is subpar. Your main focus is on longer distances, and you still have time to train hard and fine-tune your race-day approach. If you like, you can run 5Ks every month or so throughout your buildup to practice different skills—for instance, add to the warmup and cooldown to log a long run that's broken up by the fun of a race, or intentionally start slow and speed up at the end to build pacing patience.

### TRY SOMETHING WACKY

If you've ever wanted to run through a haze of colored chalk, or wearing only undies, or while scarfing doughnuts, you're in luck—there's a 5K out there with your name on it. New runners may find these events a welcoming first challenge, while more experienced racers can get a boost from breaking up the monotony of more focused training.

**MAKE IT HAPPEN** Schedule these races well before or after a goal race to avoid training interruptions. You can take your preparation more lightly, too—Thull has yet to hear of runners training for Milwaukee's Race for the Bacon 5K (which boasts a bacon station halfway through) by lugging pork products to the track. Still, you'll want to think through basic logistics, such as how you'll use the porta-potty in that bunny suit, says Herron, who knows from experience: She holds the women's Guinness World Record for wearing a superhero costume in a marathon (a 2:48:51 wearing a pink Spider-Woman outfit).

PHOTOGRAPH BY STACEY LAUREN-KENNEDY/THE DAILY GAZETTE/AP PHOTO



## Considering your first 5K? Go for...

**THE FUN VIBE**
Friendly runners, free food, sweet shirts, energizing music—if nothing else, races add festivity to your regularly scheduled weekend miles.

**THE CHANCE TO DO GOOD**
Elite runner Camille Herron began running the Race for the Cure 5Ks in high school because both of her grandmothers had breast cancer. Scout your local race calendar for a race benefiting a cause that's meaningful to you.

**THE CHANCE TO REALLY FLY**
You might never know how fast you can go until you let it rip in a race environment. "It's a different experience than anything you can simulate in a workout; it's more serious, more focused," Herron says—though not, to be clear, any less enjoyable, especially if you run well.




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# THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

*BY JEFF GALLOWAY*





*If you're new to morning running, planning to meet a friend (or two) helps you get out the door.*

## BRIGHT IDEAS

*Use the abundance of daylight to get fit and have fun.*

**On the summer solstice, June 21, more than 15 hours will pass between sunrise and sunset in northern parts of the United States and Canada. The long, relatively mild days we experience this time of year are great for running and all kinds of other outdoor activity. Take advantage of the sunny days to change up your normal workout routine.**

### VARY YOUR RUN TIMES

Learning how to eat and warm up before runs at different times of day will prepare you to fit in a run whenever you can. Changing up your routine also keeps your mind engaged. If you're trying early runs, hydrate before you leave. You don't need to eat before runs of 45 minutes or less, but if you're hungry, stick to small portions of foods that are low in fat and fiber. Morning runners heading out later than usual should hydrate throughout the day and, an hour or two before starting to run, have a low-fiber, low-fat snack of 150 to 200 calories.

### MEET A GROUP

Around this time of year, group runs tend to attract lots of people. Just as you experiment with your run times, try different group runs—you'll meet new friends, feel a different energy, and probably discover new routes. Contact a group member before you go to ensure that there will be runners at your speed.

### ADD CROSS-TRAINING

Spend more time outdoors by adding activities like hiking, cycling, and swimming. Cross-training on nonrunning days (or after a short run) will improve your health and challenge your body in a way running does not, without putting as much stress on your joints. It's best to run every other day to maintain running adaptations, but if you cross-train two or three days each week, you can get by with twice-weekly 20-minute maintenance runs.

## You Asked Me
## Jeff answers your questions.

**How can I make it easier to get up for early morning runs?**

The night before, lay out your shoes and clothes and set an alarm that's out of reach of your bed. If you're a coffee drinker, prep the machine so you only need to hit "on" in the morning. When your alarm goes off, focus on one step at a time: Turn on coffee maker. Get dressed. Drink coffee. Hit bathroom. Leave.

**What should morning runners know about evening runs?**

You'll be contending with more cars and people than you're used to, so chart a route that's safe and free of rush-hour congestion. It'll likely be warmer and sunnier than it is in the mornings, so consider carrying water or increasing walk breaks.

## Fact or Fiction
## I need to wear sunscreen only on sunny runs.

**FICTION**

Experts recommend slathering on a sunscreen with an SPF of at least 30 before *every* daytime run. You should also wear a hat and sunglasses for added face protection.

PHOTOGRAPH BY JORDAN SIEMENS/GETTY IMAGES



JEFF GALLOWAY IS THE ANSWER TO "THE QUIZ" ON PAGE 15. LEARN MORE ABOUT THE PHOTO AT **RUNNERSWORLD.COM/GALLOWAYPHOTO**.




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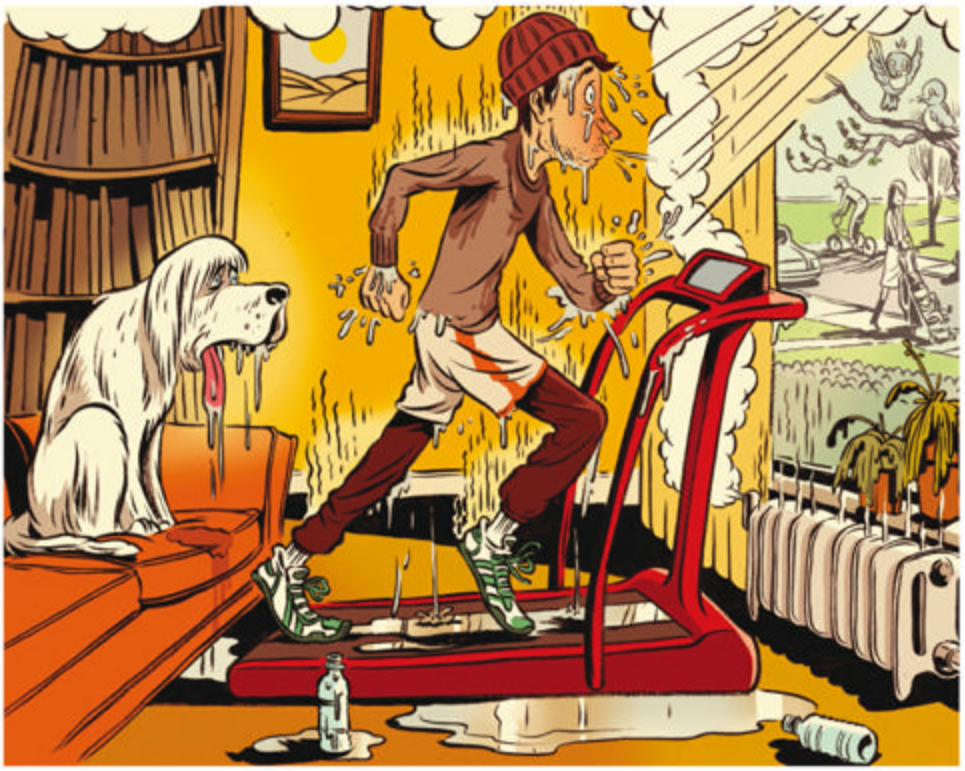
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THE FAST LANE

TRAINING ADVICE FOR PEAK PERFORMANCE

BY ALEX HUTCHINSON



# SWEAT IT!

*Prep for a hot race day to run better in any weather.*

**You made it through a winter of hard training to prepare for a late spring or early summer race. The risk? Temps soaring on race day. Fortunately, there are ways to prepare for heat, even on short notice. The goal is to increase your volume of plasma, the liquid component of blood, so you can send blood to your skin to cool yourself without compromising the supply carrying oxygen to muscles. And if you're lucky and race day is cool, you'll still get a boost from these techniques.**

## RUN HOT

The best way to prepare for heat is to run for 60 to 90 minutes at an easy or moderate pace in conditions like the hottest you expect to face. You'll be acclimated after eight to 14 sessions, but those days don't have to be consecutive: You can space them as far apart as once every three days. If you can arrange a treadmill in a room at, say, 75 to 85 degrees, that's great. If the room isn't as warm as you'd like, wearing long sleeves and tights and avoiding the use of a fan can make an indoor run feel several degrees hotter than a comparable outdoor run.

Fitting in that many heat runs can be a challenge. A recent review found that three to seven heat adaptation runs produced a plasma volume increase of 3.5 percent on average—not as much as the seven percent gain from longer protocols, but still worthwhile.

## TOP UP

Running in heat is an added stress, so you don't want acclimation to interfere with your taper. Heat adaptations last up to twice as long as you spend building them—so the effects of five heat-adaptation runs would last 10 days max. You can extend this with top-up sessions, adding one or two heat runs about a week before your race. For example, plan five heat runs in seven days starting three weeks before race day; do your hard workouts in cooler conditions on the other two days so you can hit your goal paces. Then consolidate your gains with two more top-up heat sessions six and eight days before the race.

## HYDRATE

Drink according to thirst during your heat runs. This will likely leave you mildly dehydrated, which may serve as an additional trigger for plasma expansion. Weigh yourself before and after to make sure you're not losing more than about two percent of your weight, then rehydrate immediately. Also, get some carbohydrate and protein within 10 minutes of finishing to maximize plasma gains.

## HIT THE SAUNA

Like many Finnish greats, four-time Olympic champion Lasse Viren swore by his postworkout sauna sessions. He may have been onto something: A 2007 study found that runners who took a postrun sauna for about 30 minutes at 194 degrees four times a week for three weeks boosted their plasma volume by seven percent and endurance by 1.9 percent. And this year, Australian scientists found that just four 30-minute postrun sauna sessions at 189 degrees increased plasma volume. To supplement heat runs, start with five to 10 minutes at 175 degrees and build up, and don't hit the sauna the same day as a heat run.



FOR MORE FROM ALEX, VISIT **RUNNERSWORLD.COM/SWEATSCIENCE.**

ILLUSTRATION BY **ZOHAR LAZAR**




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RACE PREP

# BEST ALL-AROUND

*Your body may be naturally suited to short (or long) races, but with some training tweaks, you can succeed where you currently struggle.*

**By A.C. Shilton**

**BELIEVE IT OR NOT,** Meb Keflezighi and Usain Bolt share more than 99 percent of the same DNA. But try telling that to Meb after a sprint against Bolt—or to Bolt at mile 22 of a marathon.

Long-distance runners like Meb have more slow-twitch muscle—the kind that can work for a long time—while sprinters and 5K specialists have more fast-twitch, which provides short bursts of power. But "we all have some fast-twitch fibers," says Alan Couzens, a coach in Boulder, Colorado, and some great marathoners started as track stars. With training, ultrarunner types can improve their 5K times, and speedsters can see marathon success.

Not sure where your strengths lie? If you've trained properly for races from the 5K to the half or full marathon, plug a recent 13.1 or 26.2 time into a race predictor calculator (like the one at runnersworld.com/predictor) to find the corresponding 5K time. For example, if you run a half in two hours, our calculator says you should be able to run a 5K in 26:05. If your 5Ks are faster, short races are your strength; slower, and you're better at going long. Here's how to work on your weaknesses.



## IMPROVE AT SHORT DISTANCES (5K AND 10K)

**DO THIS Shorter speed sessions.** Malindi Elmore, an Olympic 1500-meter runner and coach with the Run SMART project, says a common mistake for runners whose endurance outperforms their speed is doing intervals that are too long. Your intervals should last no longer than five minutes at 90 to 100 percent effort. Take as much walking recovery as you need—at least as much time as the interval itself—to keep the quality up. If you start to struggle, it's better to cut the efforts down in length than to let the speed drop.

**You also need to build power.** Elmore recommends plyometrics like squat jumps, lunge jumps, or bounds for building explosive strength, with this caveat: "If not done carefully or with respect to the load, these can invite injury." Elmore recommends starting with five reps of each exercise once a week. Athletes can build up reps from there, but never do plyometrics more than twice a week. Lifting is another way to build power—but load up that barbell. "Do sets of three to five reps with a weight that's heavy enough you can only lift it eight times or so, max," says Couzens. Focus on squats, lunges, and deadlifts.



## IMPROVE AT LONG DISTANCES (HALF AND FULL MARATHONS)

**DO THIS Practice fueling.** Many athletes who perform well at short distances struggle at longer ones because their fueling goes awry. Generally speaking, guidelines dictate 30 to 60 grams of carbohydrate for every hour of exercise, but what works varies from person to person, so use long training runs—including those with stints at race pace—to practice. "Gut tolerance is often a limiting factor, but generally the more [fuel] the better is a good rule," Elmore says.

**You may also want to have your form evaluated.** Over the span of a 5K, a flopping arm may not matter too much, but if you're burning extra calories because of poor running form, that puts an extra strain on your already-depleted energy stores in long races. And poor form can lead to injury, which can make it hard to get the quality training you need to perform at distance events. Elmore sometimes has athletes use fast hill repeats as a way to improve form. Focus on your posture as you drive forward up the hill. If you know what form flaws you have, it can also help to run easy on a treadmill in front of a mirror to watch for and correct them in real time.



ILLUSTRATIONS BY TM DETWILER



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ASK THE EXPERTS

## Which muscles should I foam-roll?

Start with the lower-body parts you use most while running: quads, IT bands (the sides of your legs, from knee to hip), calves, and glutes. Then, hit your torso and back. Roll slowly for up to 15 minutes a day. *—Steve Barrett, a U.K.-based international fitness consultant, wrote* Total Foam Rolling Techniques *(2014).*

### Should I run the day before my race?

If your body is begging for rest, no. But usually an easy run of 10 to 20 minutes helps loosen your muscles and prime your central nervous system for efficient muscle recruitment on race day. It can also be a powerful mental release, dispelling prerace jitters. *—Eve Schaeffer is a five-time Boston Marathon finisher and a running coach in Marin County, California (coacheve.com).*

### Why do my knees brush midrun?

The contact may be a symptom of muscle imbalances or flexibility problems. To reduce injury risk, strengthen your hips and glutes, stretch your inner thighs and ankles, and make sure you're in proper (and not-too-old) shoes. *—Danelle Ballengee is a Utah-based coach (trainingrx.com).*

*When rolling your calves, alternate pointing your feet inward and outward to work all the muscles.*



## THE EXPLAINER
## Why are race entry fees so high?

The cost of racing has skyrocketed in the last decade for a few reasons, says Phil Stewart, editor of *Road Race Management*, a newsletter for race directors. The most important factor? "Runners today are looking for experiences rather than just races," he says, "and they're willing to pay more for events with bands, fancier T-shirts, larger medals, postrace parties, and other add-ons that increase event costs." And big races have other hefty bills to pay that are only partially offset by sponsors, like staff salaries, police overtime pay, and prize money. But shop around: While many marathons charge triple-digit fees—like the New York City Marathon, $255—some races are still a bargain. Spokane, Washington's huge Lilac Bloomsday Run (a 12K with more than 40,000 finishers) charges only $18, and many no-frills races cost even less.



PHOTOGRAPH BY MATT RAINEY


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RUN EAT SLEEP REPEAT RUN EAT SLEEP REPEAT
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RACE DATE: JAN. 17, 2016
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# WORTH YOUR SALT

*How much sodium do runners really need for health and performance?*

By Jessica Migala

**YOU JUST RETURNED** from a sweaty run and can practically taste the salt on your skin. Then maybe you reach for a bottle of sports drink to rehydrate and replenish lost sodium and other electrolytes. But should you? Given that most Americans consume about two times the recommended amount of salt, it may be time for runners to rethink their love affair with the mineral.

The problem is, even for runners, too much sodium stresses your heart. Studies consistently show that increasing dietary sodium raises blood pressure, a natural function to help kidneys clear sodium from the body. "High blood pressure is a risk factor for heart disease and stroke," says Brian Strom, M.D., M.P.H., who chaired an Institute of Medicine committee that analyzed the evidence behind current sodium recommendations. A 2014 *New England Journal of Medicine* report found that high sodium consumption is responsible for 1.65 million deaths worldwide every year. On average, we're eating 3,400 milligrams of salt a day, and every governing body says we should be eating less—no more than 2,300 milligrams per day according to the →

*Eat a lot of sandwiches? Turkey and cheese on wheat can pack 1,500 mg of sodium. Compare bread and deli brands to find low-sodium options.*

## SALT-O-METER



**Cottage cheese**
918 mg per cup
INSTEAD TRY
**Ricotta cheese**
207 mg per cup

918 mg



**Pepperoni pizza**
683 mg per slice



**Canned tuna**
558 mg per can
INSTEAD TRY
**No-salt-added canned tuna**
82 mg per can



**Plain bagel**
561 mg per medium bagel



**Italian dressing**
480 mg per 2 Tbsp
INSTEAD TRY
**Oil and vinegar**
4 mg per 2 Tbsp



**Blue cheese**
391 mg per ounce
INSTEAD TRY
**Swiss cheese**
54 mg per ounce



**Soft-serve yogurt**
220 mg per cup



**Packaged frozen chicken**
220 mg per 4-ounce breast
INSTEAD TRY
**Fresh organic chicken**
40 mg per 4-ounce breast



**Whole-wheat bread**
132 mg per slice
INSTEAD TRY
**Whole-wheat flatbread thin**
85 mg per half

0 mg

PHOTOGRAPHS BY MITCH MANDEL (COTTAGE CHEESE, TUNA, BLUE CHEESE, BREAD, SALAD DRESSING, CHICKEN); BRAND X PICTURES (PIZZA); GETTY IMAGES (BAGEL, SOFT-SERVE YOGURT)

PHOTOGRAPH BY **MATT RAINEY**

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Centers for Disease Control, and even less (1,500 milligrams daily) according to the American Heart Association.

But the answer isn't to shun salt completely. "Sodium is a necessary electrolyte that helps your body maintain fluid balance during exercise," says Nancy Rodriguez, Ph.D., R.D., professor of nutritional sciences at the University of Connecticut. And, ironically, research shows that skimping on sodium may actually increase your risk for heart disease. It's not exactly clear why, but one theory is that lowering your salt intake also decreases the amount of heart-protective potassium you naturally consume in your diet, Strom says.

So how can you ensure that your sodium intake falls within a healthy range? Trying to count sodium milligrams isn't practical—it's difficult and time-consuming, and experts and health organizations don't even agree on how much we should get. Instead, take stock of how much packaged and processed foods you consume, including breads, deli meats, and fast foods. Seventy-five percent of an average person's sodium intake comes from processed sources—not from salting your foods during cooking or at the table. If premade or packaged foods make up a large part of your diet, it's likely you're teetering over the healthy sodium limit. You'll naturally fall within a smart sodium range by doing two things: cooking more often at home and eating a diet full of fresh, minimally processed ingredients, including produce, lean meats, and low-fat dairy. If you do that, an occasional salty food—or midrun energy gel or sports drink—will easily fit into your day.

## JUST A PINCH




### TABLE SALT

The most common salt, it's available in plain and iodized versions. Iodine is a necessary trace mineral important for thyroid function. It's in some vegetables, kelp, dairy, and saltwater fish—so you don't necessarily need extra from table salt.

**BEST FOR** Baking. Smaller crystals easily incorporate into batter.




### KOSHER SALT

The coarse crystals are bigger in volume, which means that 1 teaspoon kosher salt contains less sodium than 1 teaspoon table salt.

**BEST FOR** Cooking. When lightly seasoning food, you can often swap kosher salt in for table salt without a taste difference. If you need to be precise, use 1 ¼ teaspoons Kosher per teaspoon table salt.




### SEA SALT

Made from evaporated seawater, these crystals contain trace minerals, such as copper, iron, zinc, and manganese.

**BEST FOR** Cooking. Fine sea salt, which is ground into small crystals, blends well in dressings, sauces, and soups. Coarse or regular sea salt adds a salty, crunchy bite when sprinkled on fish or meat just before serving.



### GOURMET SALTS

Sourced from all over the world, fancy finishing salts come in a range of crystal sizes and colors, including pink, beige, red, and even black, with slight differences in flavor profiles. They also contain trace minerals.

**BEST FOR** Mixing into a spice rub before grilling meat or adding a few flakes atop cooked meat, vegetables, or salads.

ILLUSTRATIONS BY **RYAN HUDDLE**

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NO SUGAR ADDED
30 CALORIES
HALF GALLON (1.89 L)
[1] Silk Unsweetened Vanilla Almondmilk: 45% DV of calcium vs. 30% DV in skim dairy milk. USDA National Nutrient Database for Standard Reference, Release 27. Data consistent with typical skim dairy milk.

# FRIDGE WISDOM

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

*BY LIZ APPLEGATE, PH.D.*



# REAL SWEET

*Naturally delicious, runner-friendly desserts that don't bust the sugar bank*

**FOR MANY RUNNERS,** a meal isn't complete without something sweet. But most of us consume way more added sugar than is good for us—between 22 and 30 teaspoons daily (recent guidelines set the healthy limit at just 12). When consumed in excess, added sugars are associated with weight gain, which increases risk for diabetes, heart disease, and other diseases. Trade in high-sugar summer treats for fruit-based options that satisfy your sweet tooth and pack performance-boosting nutrients.



*Grilled Nectarines with Balsamic-Honey Drizzle*

## ZESTY THAI FRUIT SALAD

**This juicy treat has less than a teaspoon of added sugar per serving and is loaded with beta-carotene. Top with yogurt if desired.**

- **¼ cup light coconut milk**
- **Juice and zest of 1 lime**
- **2 teaspoons dark honey**
- **1 teaspoon sriracha (optional)**
- **1 cup diced papaya**
- **1 cup diced mango**
- **2 cups diced pineapple**
- **3 tablespoons chopped salted cashews**

In a large bowl, stir together the coconut milk, lime juice, zest, honey, and sriracha (if using). Add the papaya, mango, and pineapple. Toss to combine. Serve in bowls and sprinkle with the cashews. Serves 4.
*142 calories per serving*



*Zesty Thai Fruit Salad*

## GRILLED NECTARINES WITH BALSAMIC-HONEY DRIZZLE

**A touch of honey enhances naturally sweet balsamic vinegar.**

- **4 ripe nectarines, halved and pitted**
- **½ teaspoon olive oil**
- **¼ cup balsamic vinegar**
- **1 tablespoon honey**
- **⅓ cup crème fraiche**

Heat a grill over medium heat. Brush the cut sides of the nectarines with oil. Place cut side down and grill 4 to 5 minutes.

In a small bowl, stir together the vinegar and honey. Transfer the nectarines to 4 dishes. Top each with crème fraiche and drizzle with the vinegar mixture. Serves 4.
*171 calories per serving*

FOOD STYLING BY MARIANA VELASQUEZ



FOR COMPLETE RECIPE NUTRITION DATA, GO TO **RUNNERSWORLD.COM/DESSERTS.**

PHOTOGRAPHS BY **MITCH MANDEL**

*Apricot "Gello" with Pistachios*



*You can also make this "gello" with orange, cranberry, apple, or grape juice.*

## APRICOT "GELLO" WITH PISTACHIOS

**The classic gets a taste and health upgrade by forgoing added sugar and food coloring.**

- **4 cups apricot nectar (no added sugar), divided**
- **2 packets powdered gelatin**
- **1 teaspoon lemon zest**
- **Whipped cream**
- **¼ cup chopped pistachios**

In a saucepan, heat 3 cups apricot nectar over medium heat until warm (don't boil). Pour remaining 1 cup nectar into a bowl; sprinkle gelatin evenly over top. Allow to sit until all the gelatin is moist. If dry spots remain, gently stir to moisten. Add the warm nectar and stir until gelatin is dissolved. Stir in the zest. Pour into 4 glasses. Chill 2 hours. Top with whipped cream and pistachios. Serves 4.
*210 calories per serving*

## BERRY-CHERRY BAKE

**Berries and cherries contain fiber and anthocyanins, which reduce inflammation.**

- **2 cups blackberries**
- **2 cups pitted cherries**
- **Juice from ½ lemon, plus 1 teaspoon zest**
- **3 tablespoons honey**
- **2 tablespoons cornstarch**
- **1 unbaked piecrust**
- **Vanilla Greek yogurt**

Preheat the oven to 350°F. In a bowl, stir together the blackberries, cherries, lemon juice, zest, honey, and cornstarch.

Pour into a 9" x 9" baking dish. Top with the crust, tucking the edges over the fruit. Sprinkle with cinnamon. Bake for 1 hour, or until the crust is golden and the fruit is bubbly. Serve with a dollop of yogurt. Serves 6.
*171 calories per serving*

## STRAWBERRY-WATERMELON ICE POPS

**The antioxidant-packed pops pictured on page 33 are a great way to cool down pre- or postrun. Watermelon is rich in lycopene, which protects skin from UV damage.**

- **2 cups sliced strawberries**
- **1 cup cubed watermelon**
- **¼ cup lime juice plus zest from 1 lime**
- **1 tablespoon honey**

In a blender combine the strawberries, watermelon, lime juice, zest, and honey. Blend until smooth. Pour into ice pop molds and freeze 3 hours. Makes about 8 pops.
*28 calories per pop*

*Berry-Cherry Bake*





*When handling cooked beets, wear gloves or plastic bags on your hands to avoid stains.*

*Beet juice can help boost endurance, thanks to nitric oxide, a compound that improves blood and oxygen flow to muscles.*



THE RUNNER'S PANTRY

# BEET YOURSELF UP

*Chef, farmer, and runner* ***Chris Fischer*** *shares his favorite ways to use summer varieties.*

**JUNE MARKS THE START** of peak season for beets, the root vegetable known for its brilliant red hue. That rich color comes from betalains, cancer-fighting antioxidants unique to beets that help reduce blood pressure and inflammation. Chef, farmer, and author Chris Fischer plants several varieties each spring on the Martha's Vineyard farm that has been in his family for more than 50 years. "To me," says Fischer, a five-time marathoner, "they taste of the sweet earth, in a good way." Fischer's new book, *The Beetlebung Farm Cookbook,* is being released in June.

**SWEET-TART SALAD**
**"The sweetness of beets contrasts with the tartness of green tomatoes."**

- **1 pound beets, scrubbed**
- **1 teaspoon salt, plus more to taste**
- **1 large green tomato**
- **¼ cup parsley leaves**
- **3 tablespoons cold water**
- **3 tablespoons vinegar (try a mix of red wine, Champagne, and cider)**
- **2 tablespoons extra-virgin olive oil, divided**
- **⅓ cup radishes, chopped**

Bring a pot of water to a boil. Add beets and salt. Boil for 15 to 25 minutes, or until tender. Drain. Set aside.

Boil a small pot of water. Add the tomato and parsley. Blanch for 30 seconds. Remove and briefly cool in a bowl of ice water.

In a blender, puree the parsley with the 3 tablespoons cold water. Set aside.

Peel beets and cut into quarters. Place in a bowl and drizzle with the vinegar and 1 tablespoon of the oil. Season with salt.

Peel and dice the tomato and place in a second bowl along with the radishes, remaining 1 tablespoon oil, and parsley puree. Season with salt. Arrange the beets on a plate and spoon the tomato-radish mixture over them. Serves 4.



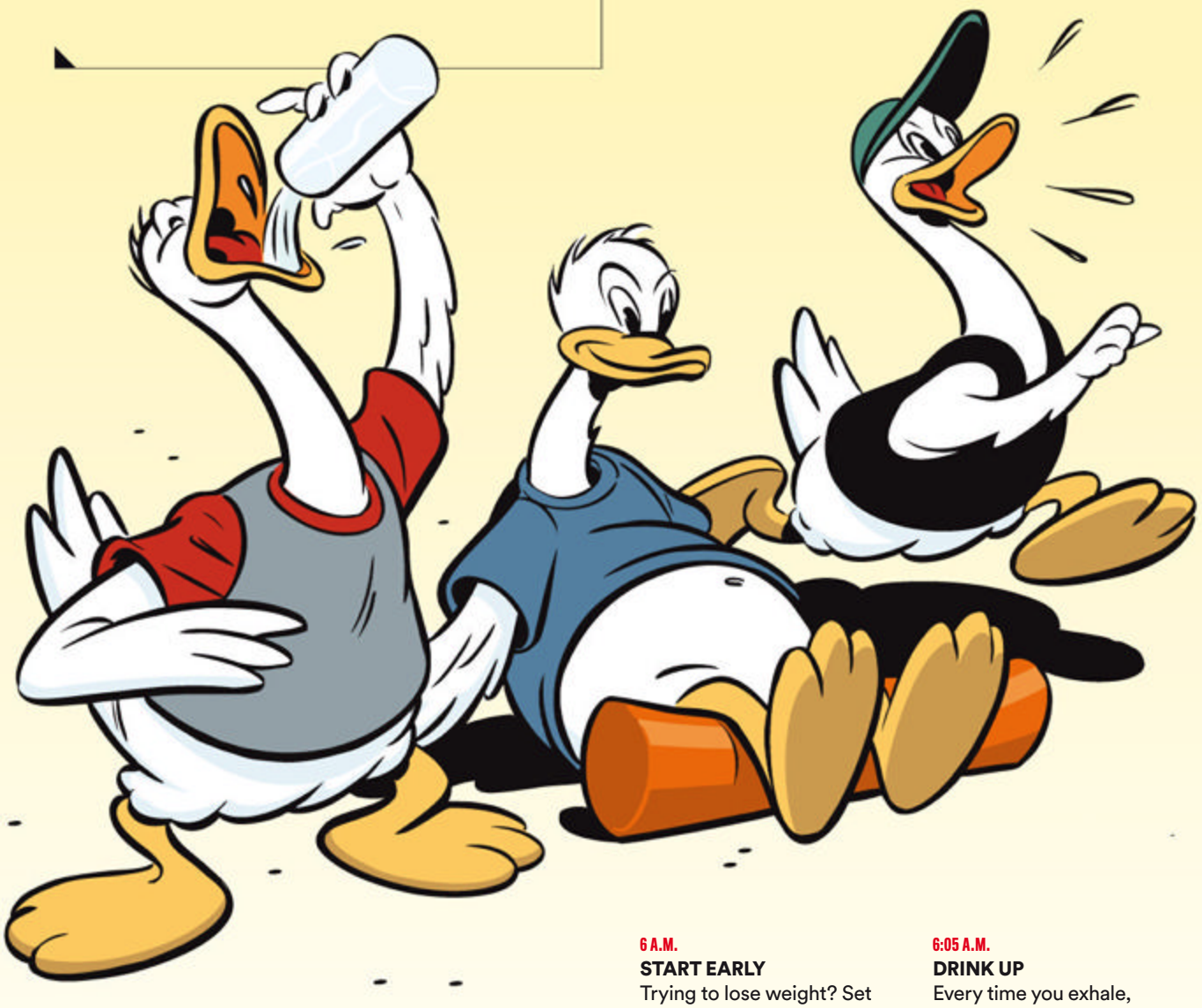
FOOD STYLING BY MARIANA VELASQUEZ



FOR COMPLETE NUTRITION DATA AND FOR FISCHER'S RECIPE FOR HOMEMADE BEET-APPLE JAM, GO TO **RUNNERSWORLD.COM/BEETS.**

PHOTOGRAPHS BY **MITCH MANDEL**


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—Brian B.
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# A PERFECT DAY

*Get your ducks in a row to perform your very best.*

**By Laurel Leicht**

**YOUR RUN** may seem like the most important event on your training schedule, but what you do during your nonrunning hours—and when—is also key to your success. Timed right, the other activities that make up your day can help you perform your best. The following expert- and research-backed tips will help you structure an ideal running day. Of course, anytime you can squeeze in a run or a massage or a nap is certainly a boon. But this intel could inspire you to adjust your schedule when you have the flexibility.

**6 A.M.**

### START EARLY

Trying to lose weight? Set your alarm. A run before breakfast (when you've been in a fasting state) appears to encourage your body to burn more fat, according to research published in the *Journal of Physiology*. Working up a sweat first thing in the morning can also put you in the right mindset to make healthy choices—like eating nutritious foods and taking walk breaks—throughout the day, says Pamela Nisevich Bede, M.S., R.D., C.S.S.D., a runner and sports nutritionist who writes the *Fuel School* column for runnersworld.com.

**6:05 A.M.**

### DRINK UP

Every time you exhale, your body releases a small amount of water vapor. During the day, you're drinking and rehydrating. But at night, you're not. So Bede recommends drinking a glass of water as soon as you wake up to refuel your tank.

**6:15 A.M.**

### GET ROLLING

No matter when you plan to run, squeeze in 10 minutes of foam rolling each morning. "Rolling releases tight muscles and helps activate weaker muscles, which will help your body move more efficiently during the day, and that will set you up



ILLUSTRATIONS BY **MARK MATCHO**


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for a stronger run," says David Reavy, P.T., owner of React Physical Therapy in Chicago. Not running until after work? Counteract all the sitting you likely did all day by rolling out again before you hit the road.

**6:30 A.M.**

**LIFT LIGHT**

Starting your day with strength-training could pay off if you plan to run in the afternoon or evening. Research published in the *Journal of Science and Medicine in Sport* reported that athletes who lifted weights in the morning had faster sprint times later in the day. Just don't overdo it—lifting too much could backfire, leaving you too beat up for your run.

**7 A.M.**

**REFUEL**

Within 30 to 60 minutes of finishing your workout, rehydrate and eat a snack or meal containing a 2:1 to 4:1 ratio of carbs to protein, Bede says. Carbs are necessary to replenish glycogen and boost your energy, while protein helps muscles rebuild and recover.

**9:30 A.M.**

**GET MOVING**

If you're deskbound, throughout the day get up and walk a lap or two around the office. There's a mountain of evidence showing the unhealthy effects of prolonged sitting. And if you're a runner, spending too much time on your rump can tighten your hips and deactivate your glutes, which can contribute to a whole host of injuries, says Reavy.

**10:30 A.M.**

**CHOW DOWN**

Running on an empty stomach is fine for a short, morning run. But if you're going long or out later in the day, have a carb-heavy snack or meal two to three hours before you lace up. Bede recommends about 200 to 400 calories and avoiding foods with more than 10 grams of fat and seven grams of fiber to avoid midrun stomach issues.

**NOON**

**LOOSEN UP**

If you're heading out for a lunch run after a two-hour-long meeting, take a few minutes to get your body ready for action. Reavy recommends a dynamic warm-up (following foam rolling, if you have the time), with moves that activate your muscles while mimicking a running motion, like high knees and butt kicks.

**3 P.M.**

**CUE NAP TIME**

Runners should try to squeeze in a 30-minute snooze. If you're lucky enough to pull it off, you'll be rewarded with improved alertness, reaction time, and sprinting speed, according to research published in the *Journal of Sports Sciences*. "It won't replace a good night's sleep, but a short power nap can boost performance for several hours," says Cheri Mah, M.S., a researcher at the Stanford Sleep Disorders Clinic and Research Laboratory.



**3:30 P.M.**

**GET BUZZED**

So the nap didn't happen? Don't let an afternoon slump make you bag your evening run. Caffeine can perk you up and boost your energy, while also setting you up for a better performance. British researchers studied the impact of coffee on cyclists and found that having a caffeinated cup one hour before a ride helped athletes perform 4.9 percent better than when they drank decaf.

**5 P.M.**

**SAVE THE SPEED**

If intervals are on tap, try to hit the track in the evening. Tunisian researchers found that athletes sprinted faster at 5 p.m. than at 7 a.m. The theory is that your muscles are more flexible and your lungs perform more efficiently later in the day.

**6 P.M.**

**CHILL OUT**

Finish your run with an achy muscle or joint? If there's no swelling, it's likely simply sore. But if the tender spot is inflamed, Reavy recommends icing it immediately after your run for 15 to 20 minutes to ease the pain and reduce swelling.

**7 P.M.**

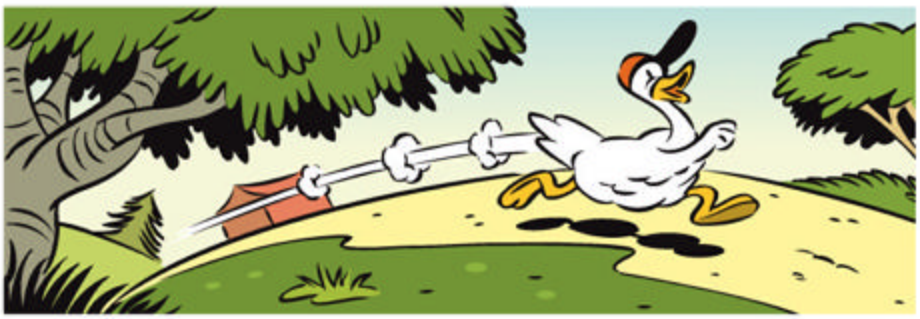
**GET A RUBDOWN**

Researchers at Ohio State University found that massage reduces swelling and accelerates the return of strength after exercise, and this effect is greatest if the massage is soon after your workout, rather than a day or two later. If a professional session isn't in the cards, mimic the effect by using a foam roller or other DIY massage tools at home before bed.

**9 P.M.**

**HIT THE HAY**

If you're gunning for a PR, go to bed earlier than normal. According to a Stanford study, getting more sleep than usual—as much as 10 hours a night—improves athletes' sprint times. Then rise and repeat.



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THE BODY SHOP

# FINISH STRONG

*These core exercises will help you maintain good form on every run.*

**AT THE START** of a run, it's easy to run "tall" with good form—head balanced over shoulders, shoulders over hips. But as you tire, form often falls apart—your head juts forward, your shoulders slump, your torso hinges forward. That can slow you down, up your injury risk, and make those last few miles feel harder. By adding a few strengthening exercises to your routine, your body will have an easier time maintaining proper posture, says 2:39 marathoner Jason Fitzgerald, who is the founder and head coach of Strength Running. Do these exercises as a circuit, going from one to the next until you complete all five. Do the full circuit three times. —K. ALEISHA FETTERS



### BICYCLE

Works your lower abdominals with a dynamic exercise that mimics running

**TO DO** Lie on your back. Bend your right knee and raise your leg so your right shin is parallel to the ground. Lift your left leg two to three inches off the floor. Hold for two seconds, then switch legs. Alternate legs for 30 to 60 seconds.



### MARCHING BRIDGE

Strengthens the hips to keep the pelvis stable, activates the glutes

**TO DO** Lie with your right foot on the ground and your left leg extended out. Lift your hips and left leg up. Hold for two seconds. Then, while keeping your hips up in the air, switch legs. Alternate sides for 30 to 60 seconds.



### ADVANCED PLANK

Targets core muscles that keep your pelvis neutral, while firing the glutes

**TO DO** Get in a plank, forming a straight line from your head to feet. Brace your abs and lift your left leg and right arm. Hold for two seconds, squeezing your glutes, then return to start. Switch sides. Alternate for 30 to 60 seconds.



### SIDE PLANK WITH LEG RAISES

Strengthens the oblique muscles to keep your spine erect when running

**TO DO** Get in a side-plank position, forming a straight line from your head to your feet. Raise your top leg and lower it for 15 to 30 seconds. Then switch sides, and raise and lower your other leg for 15 to 30 seconds.

### REVERSE PLANK WITH LEG LIFTS

Targets the erector spinae muscles of your back as well as your glutes

**TO DO** Lie face up with your weight on your elbows and heels. Lift your hips. Then, lift your right leg up. Hold for several seconds. Keeping your hips raised, switch legs. Alternate legs for 30 to 60 seconds, not allowing your midsection to sag.



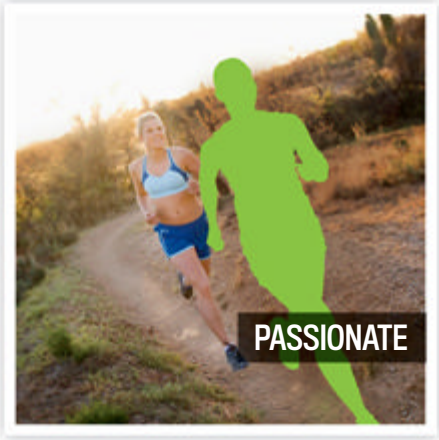


PHOTOGRAPHS BY MATT RAINEY










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# LOOK LIKE A PRO

*Elite runners are serious about their shades.*

By Yishane Lee



*"I knew the final [at the USATF Outdoor Nationals] would be super sunny, so I wore aviator sunglasses to eliminate the glare."*



**MAGGIE VESSEY**

**Juicy Couture Heritage Aviator**

The mirrored lenses reduce glare, filter UV rays, and resist impact. The mirror color subtly tints the view you get, too.
$98, juicycouture.com

*"When racing, I wear sunglasses so no one can see my eyes and I can't make eye contact with anyone. It just helps me focus."*



**KARA GOUCHER**

**Zeal Optics Range**

Zeal's company mission includes using plant-based replacements for crude-oil products, so these frames are made from castor beans. The polarized lenses also use a castor-based bonding agent, filter UV and HEV rays, and are scratch- and oil-resistant.
$139–169, zealoptics.com



**ANTON KRUPICKA**

**Zeal Optics Kennedy**

The plant-based materials these unisex frames are made from have a rubbery flexibility to help them stay in place, and the impact-resistant lenses are polarized.
$139, zealoptics.com



**DESI LINDEN**

**Oakley Polarized RPM Squared**

This lightweight, minimalist frame stays secure with Oakley's three-point-fit system (nose and temples), and the polarized lenses are impact- and sweat-resistant.
$210, oakley.com.

PHOTOGRAPH BY **MATT RAINEY**

PHOTOGRAPHS BY VICTOR SAILER/PHOTORUN (VESSEY); ANDREW MCCLANAHAN/PHOTORUN (GOUCHER, LINDEN); JEAN-PIERRE CLATOT/AFP/GETTY IMAGES (KRUPICKA)


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BROOKS



**SHALANE FLANAGAN**

**Nike Run X2 S**

The lightweight, adjustable frame is sized for smaller women's faces and includes an adjustable, vented rubber nose bridge and UV-protective, scratchproof lenses that repel dust, oil, and perspiration. $156



**SAGE CANADAY**

**Julbo Venturi**

These half-rim sunglasses sport photochromic lenses, a lightweight frame with temple vents, and a nose bridge with small flanges to optimize fit. $180, julbousa.com



### Make Your Own

Match your shades to your sneaks or singlet with these customizable options.

- Oakley offers 12 models that can be customized at various points on the frame and lens. Pick color for frame, ear stem, lenses, and logo. oakley.com
- XX2i Optics has kits with two pairs of sunglasses already equipped with brown, gray, or blue lenses, along with three sets of spare lenses in clear, yellow, and orange. xx2i.com
- Wayfarer and Aviator models using Ray-Ban's online Remix program have choices in lens types and colors. ray-ban.com



**MEB KEFLEZIGHI**

**Maui Jim Olowalu**

Titanium material plus a frameless, hingeless style reduce the weight. The polarized lenses block UV rays and enhance contrasts. $329, mauijim.com

# SEE BETTER

*Jessi Lee, O.D., a Brooklyn marathoner and optometrist, on finding the perfect shades*

**FIND YOUR BEST FIT**
Look at the width of your face. "While nose pads and temples may be adjustable, frame width is set in stone," Lee says. Although the lens size of sunglasses will be larger than that of regular glasses to provide for extra coverage, stay proportional to your face size. Some companies list a specific eye size.

**PREVENT FOGGING**
Lenses fog up due to the difference in temperature between your face and the lens, Lee says. Ventilation between the lens and the frame can prevent fogging. Anti-fog cleaning cloths come with mixed results.

**LESSEN THE LOAD**
"Bigger is not always better," Lee says. "While you want protection for your lids and around the eye, you also don't want to pick a frame that's too heavy while running." One solution: Combine a visor with sunglasses.

**DON'T LET THEM SLIP**
"A combination of good temple fit and nose pads will keep the frames from slipping," Lee says. "The temples can be bent or angled around the ear to tighten the fit." They may snap if too much pressure is applied. Most running sunglasses are made of grippy material to help keep them in place.

**CONSIDER PROTECTION**
Like all light, ultraviolet rays are measured in wavelengths. UV light, which is not visible, ranges from 100 to 400 nanometers (nm), with the UV rays that do manage to penetrate past the atmosphere measuring 315 to 400 nm, according to the World Health Organization. Some sunglass companies say they provide UV coverage up to 400 nm, which is equivalent to saying they block 99 to 100 percent of those harmful rays, Lee says.

**GET POLARIZED**
"Polarized lenses will cut glare reflecting from the surface," says Lee. "This is important especially for those running by snow, sand, or water."

**PHOTOCHROMIC**
Photochromic lenses automatically change their tint according to the light conditions. This is useful on a run that is sunny and shady.

**It's Always Sunnier in...**

| YUMA, AZ | REDDING, CA | LAS VEGAS, NV | EL PASO, TX | RENO, NV |
|---|---|---|---|---|
| Sunny 90 percent of the time* | Sunny 88 percent of the time | Sunny 85 percent of the time | Sunny 84 percent of the time | Sunny 79 percent of the time |
| Yuma Territorial Marathon and Half Marathon, *January* | Redding Marathon and Relay, *January* | Rock 'n' Roll Marathon and Half, *November* | El Paso Marathon, *February* | Downtown River Run Marathon, *April* |

* according to the National Oceanic and Atmospheric Administration (NOAA)

PHOTOGRAPHS BY MITCH MANDEL (NIKE & JULBO SUNGLASSES); MATT RAINEY (MAUI JIM SUNGLASSES); ANDREW MCCLANAHAN/PHOTORUN (FLANAGAN)

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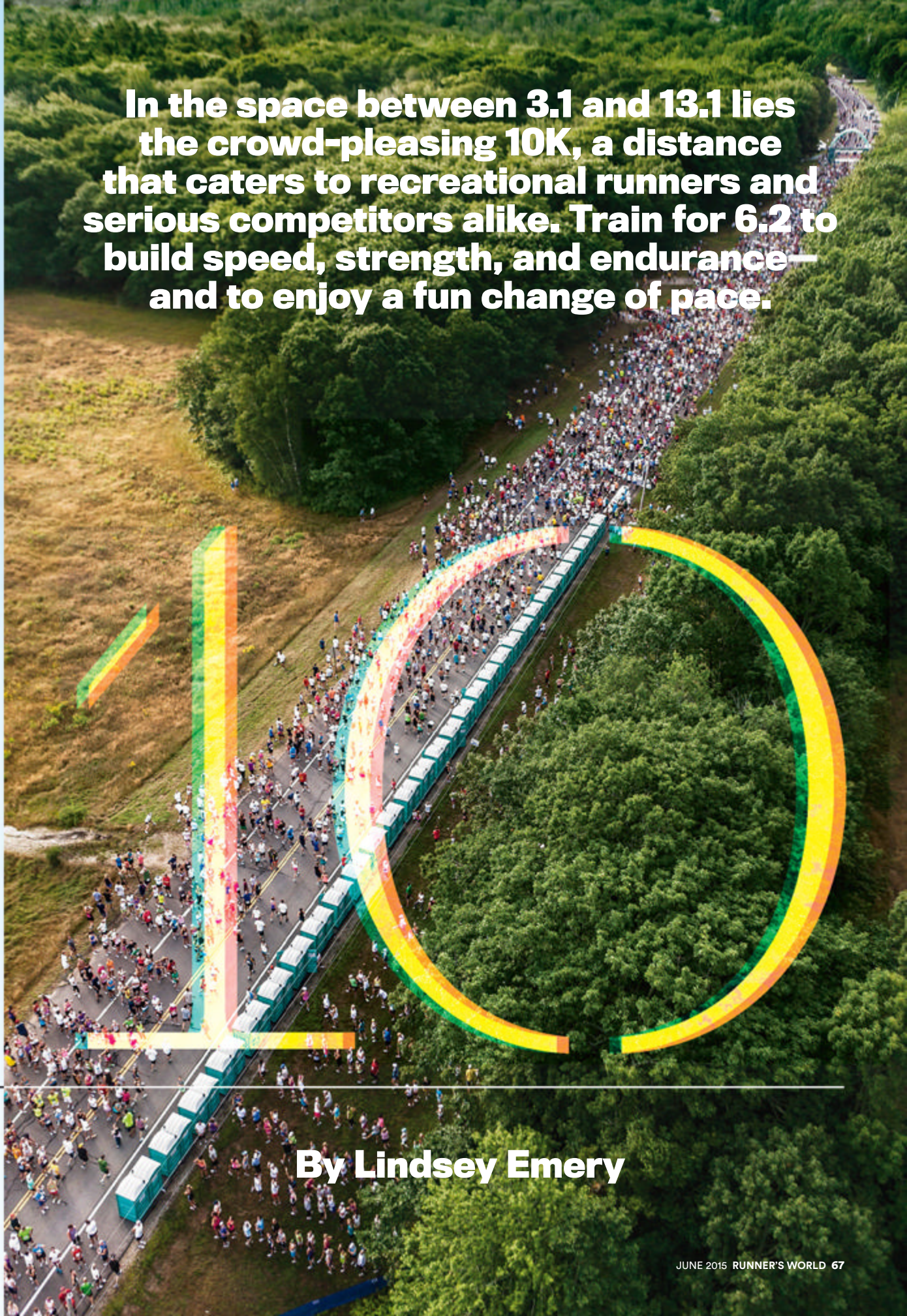
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TRAINING SPECIAL



*Cover model Jessica Osborne runs 10Ks frequently and has a PR of 45:24. Opposite: Maine's Beach to Beacon 10K*

# *The* BIG



# In the space between 3.1 and 13.1 lies the crowd-pleasing 10K, a distance that caters to recreational runners and serious competitors alike. Train for 6.2 to build speed, strength, and endurance—and to enjoy a fun change of pace.

By Lindsey Emery

PHOTOGRAPHS BY DANNY ZAPALAC; STYLING BY SHEA DASPIN; SITTINGS STYLING BY ALICIA HANKES FOR ZENOBIA AGENCY; HAIR/MAKEUP BY ASHLEY MATHEWS FOR ZENOBIA AGENCY; CLOTHING: LULULEMON BRA, NEW BALANCE SHORTS AND SHOES, FITBIT WATCH; THIS PAGE: PHOTOGRAPH BY KEVIN MORRIS

**Would it surprise you to learn that the largest race in the country is a 10K? Atlanta's Peachtree Road Race, an Independence Day classic that began in 1970, attracted nearly 60,000 runners last year. And it's not an outlier—according to the latest Running USA statistics, four of the 10 largest races in the U.S. in 2013 were 10Ks. These massive events become local institutions, attracting serious runners as well as those who enter just this one race each year. The community support is palpable, with cheering spectators often outnumbering the runners. Many take place on holidays or holiday weekends, adding to the festive vibe.**

**Want to join in on the fun? Sign up, start training, and you could be on track to finish a 10K race—or set a new 6.2-mile PR—in just two months.**

# A Tip for Every Kilometer

Master the 6.2-miler with these 10 guidelines from running experts and pro athletes.

## 1

### First-Timers: Build Mileage Slowly

Runners who've finished a 5K can move up to a 10K, but doubling up on distance takes proper preparation. "I recommend adding 10 to 15 percent to your total weekly mileage, spread out over two or three runs, each week," says Pete Rea, head coach at Zap Fitness in Blowing Rock, North Carolina. If your longest run of the week is four miles, that could mean lengthening it by a quarter or half mile at a time. "Be aware that any additional time on your feet—even if it's walking—will push you to become stronger," he says. Find a beginner-appropriate training plan at runnersworld.com/beginner10K.

## 2

### Experienced Runners: Work One In

Are you preparing for a longer goal? That's okay—do a 10K, too! "Racing a 10K while training for a marathon (or half) is like getting a little bonus speedwork in preparation for that race, and you shouldn't be surprised if you run a significant 10K PR in the process," says Rea. Schedule one three or four weeks into training to test your fitness and another in the final three or four weeks to practice running in a crowd and starting under control. You may have a longer training run to do that close to race day, so complete the extra mileage first and use the 10K to simulate finishing your goal race strong on tired legs.

If you're a serial half or full marathoner, consider taking time away to focus on shorter races like the 10K for a complete training cycle, says Greg McMillan, an exercise physiologist and owner of McMillan Running in Flagstaff, Arizona. "When you see fitness and performance gains in a 10K, it almost always carries into the longer distance, since it includes an ideal mix of speed and endurance training without totally wearing you out."

## 3

### Vary Your Workouts

The 10K requires strength, endurance, speed, and a finishing kick, says Olympic

*The largest race in the United States has come a long way—just 150 runners entered Peachtree the first year it was held.*




PHOTOGRAPH COURTESY OF PAUL KIM/PEACHTREE ROAD RACE

CLOTHING (BOTTOM IMAGE): MAS DESIGN BRA, ATHLETA SHORTS, NEW BALANCE SHOES, FITBIT WATCH

runner Galen Rupp, who holds the American record in the 10K (26:44.36). "Because of this, I like to do a little bit of everything in training to prepare." You want to get practice running at goal pace, a little slower than 10K pace (a medium effort), and faster than 10K pace. "You also need to build up to what I think is the best 10K workout—3 x 2 miles at goal race pace," says McMillan, who recommends planning to do it about a week and a half before race day.

## 4

### Start with a Warmup

If you're doing a harder workout—a tempo run, speedwork, or a run that includes mileage at 10K goal pace—you need to make time for a proper warmup. Jog for one mile, then perform 5 x 100-meter warmup drills (like skips, grapevines, high knees, butt kicks, and toe-to-hand kicks) with a recovery jog between each. Do the same before the race if you have a time goal—6.2 miles is too short to wait and hope to warm up during the race, says coach Paula Harkin, co-owner of Portland Running Company in Portland, Oregon. However, if your goal is simply to finish, use the first mile of the race as your warmup, starting at an easy pace and gradually picking it up as you go along.

## CROWD CONTROL

**How the biggest of the big manage the masses on race day**

**SEEDED GROUPS** The Bolder Boulder includes about 90 starting groups based on predicted finish time, and those hoping to be seeded in the first third of the race (with runners expecting to finish in under 68 minutes) need to show proof of their qualifying times.

**WAVE STARTS** Organizers release each of the Peachtree Road Race's 20 starting groups about five minutes apart to prevent gridlock. At the Bolder Boulder, the last of the groups departs about 2.5 hours after the first.

**PUBLIC TRANSPORT** Peachtree race director Rich Kenah works closely with Atlanta's public transportation authority to get runners to and from the race without parking or traffic concerns.



*Hard-effort intervals build speed and power that you can use to finish your 10K strong.*



*If static stretching feels good to you, save it for after your workouts—and skip it if you don't find it beneficial.*

## 5

### Hit the Track

Short intervals of 200 to 600 meters help improve leg turnover and speed, says Rupp. McMillan includes 200- and 400-meter repeats in his intermediate plan (see page 70). If you're a less experienced runner, start with 8 x 200 meters at 90 percent effort with a 200-meter recovery jog between each, then repeat the workout every other week, adding a few repeats each time. "To make a big difference in your overall speed and cardio capacity, try to work your way up to 20 repeats," says Harkin. Once you've mastered those, you can move up to covering an equivalent distance in 400-meter repeats (with 400-meter recoveries).

## 6

### Change Your Pace

Slow and steady will finish the race, but if you want to get faster, you need to push yourself out of your comfort zone during some long runs, says Rea. "A long run with a varied tempo teaches your mind and body how to deal with the difficult patches during a race," he says. "It also teaches your body how to go at a higher intensity for a longer period of time." Try a couple long runs at an effort of seven to eight on a scale of 1 to 10, and throw in a one-minute surge (a controlled pickup that's about 15 to 20 seconds faster per mile

# Eight-Week 10K Training Plan

**"THE BEAUTY OF A 10K** is that it requires both speed and endurance," says Greg McMillan, M.S., an exercise physiologist and owner of McMillan Running in Flagstaff, Arizona. Whether you're hoping to nail a time goal or simply to cover the distance, his intermediate plan will help you get there.

This plan is designed for athletes who have been running at least three or four times per week for the last two months, with a weekly long run of eight to 10 miles and an average weekly mileage of 20 to 30 miles. Find more plans at runnersworld.com/10Kplans.

| WEEK | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| 1 | OFF | 40–60 min. easy run | OFF | PP: 5–6 × 1 mile, with an 800m recovery jog between each | OFF | 40–60 min. easy run or XT | 70–90 min. long run |
| 2 | OFF | 40–60 min. easy run | OFF | SS: 12–16 × 200m at 5K pace (or 10–15 seconds faster than GRP), with a 200m recovery jog between each. Then do 4 form strides. | OFF | 40–60 min. easy run or XT | 80–90 min. long run (include a 1-minute surge, at 5K to 10K pace, every 10 minutes) |
| 3 RECOVERY WEEK | OFF | OFF or 30–40 min. easy run | OFF | PP: 2 miles, followed by a 5-min. recovery jog. Then do 3–4 × 1 mile, with a 3–4 min. recovery jog between each. | OFF | OFF or 30–40 min. easy run (or XT) | 60–80 min. long run (or 5K Tuneup Race) |
| 4 | OFF | 40–60 min. easy run | OFF | SS: 4–5 × 1 mile at 5K to 10K pace, with a 400–800m recovery jog between each. Then do 4 form strides. | OFF | 40–60 min. easy run or XT | 80–90 min. long run (include a 1-minute surge, at 5K to 10K pace, every 10 minutes) |
| 5 | OFF | 40–60 min. easy run | OFF | PP: 2 × 2 miles, with a 5-min. recovery jog between each. Then do 1–2 × 1 mile, with a 3-min. recovery jog between each. | OFF | 40–60 min. easy run or XT | 80–90 min. long run, with last 10–20 min. at TR pace |
| 6 RECOVERY WEEK | OFF | OFF or 30–40 min. easy run | OFF | SS: 10–14 × 400m at 5K pace, with a 200m recovery jog between each. Then do 4 form strides. | OFF | OFF or 30–40 min. easy run (or XT) | 60–70 min. long run, with last 10–20 min. at TR pace |
| 7 | OFF | 30–50 min. easy run, plus 5–6 form strides | OFF | PP: 3 × 2 miles, with a 5-min. recovery jog between each | OFF | 30–50 min. easy run or XT | 70–80 min. long run, with last 10 min. at TR pace |
| 8 RACE WEEK | OFF | PP: 8–10 × 400m, with a 200m recovery jog between each | OFF | 40–50 min. easy run, plus 5–6 form strides | OFF | 20–30 min. easy run | 10K race |

## KEY

**EASY RUN:** The primary purpose of the easy run is to maintain aerobic efficiency and improve running economy. You want to complete these at an easy to moderate effort (5 to 6 on a scale of 1 to 10).

**PACE PRACTICE (PP):** These workouts should be performed at **Goal Race Pace (GRP)**. If you don't know your GRP, then run your first week's PP at a medium-hard effort and take your average pace for all of the mile repeats—use this as your current GRP.

**CROSS-TRAIN (XT):** Do something to help build your aerobic fitness, such as the elliptical, aqua jogging, cycling, or swimming. You can also include other types of workouts, like yoga or strength-training, in your schedule (on "off" days), as long as they don't leave you too sore or tired for your running sessions.

**LONG RUN:** Perform these endurance-building workouts at an easy effort (4 to 6 on a scale of 1 to 10), focusing on distance over speed.

**SPEED SESSION (SS):** These hard track intervals (running shorter distances at faster speeds, followed by bouts of recovery) will help you pick up your pace and boost your $VO_2$ max.

**FORM STRIDES:** Run 50m to 100m quickly (faster than 5K pace—not quite an all-out sprint), using really great running form (landing with feet under hips, keeping back tall, abs engaged, and shoulders relaxed), with a 100m recovery walk/jog between each.

**5K TUNEUP RACE:** Race a 5K either to test your current GRP or to perform at all-out race pace to establish your 5K fitness and better predict your 10K GRP (5K pace, plus 10 to 15 seconds per mile).

**TEMPO RUN (TR):** The tempo runs help improve your lactate threshold pace, or the max speed at which you're able to run for 6.2 miles. These should be performed at a pace that's 15 seconds (per mile) slower than GRP, up to GRP.



*Planks work your abs, glutes, hips, and lower back—and you can do them almost anywhere.*

than your regular pace) every 10 minutes. These runs are challenging, so do them no more often than once every two to three weeks.

## 7

### Do Some Strength-Training

One of the big benefits of training for a 10K instead of a half or full marathon is that it's easier to fit in different types of workouts like yoga, Pilates, or circuit training. Take advantage of it: "Doing core-strengthening and flexibility exercises regularly will help better your form, prevent injury, and improve your overall efficiency," says Amy Minkel, co-owner of Fleet Feet Sports in Mount Pleasant, South Carolina. "Ideally, you'd incorporate at least 30 minutes of core work (including abs, back, glutes, and shoulders) and a yoga session into your routine at least twice each week (on easy or cross-training days)." If you're short on time (or if running a 10K as a tuneup), your best bet is to squeeze in a few supereffective planks (and their many variations) whenever possible, she says.

## 8

### Simulate the Race

Rupp has a favorite 10K workout he's been doing since high school: 6 to 8 x 1-mile at slightly faster than goal 10K pace, with 400-meter jogging recovery intervals between each rep. "It's brutal, but it really gives you a good indicator of where your fitness is," he says. "When I run this workout well, I know I am ready to go." Amateur runners should scale this workout down—if you're not running each mile in four minutes like Rupp does, you can achieve the same benefits from four or five repeats, says McMillan.

## 9

### Find Some Breathing Room

With a large race comes a crowded start, and navigating that first mile can be tough. "The key is to get out quick but controlled to create some distance between other runners in a race. One trick is to stick your elbows out just a little bit to help box yourself out and get more room," says Alvina Begay, a coach with the Run SMART Project, who has a 10K PR of 32:34. "I also think it's okay to say

## PACE YOURSELF

**New to the 10K, or haven't run one in a while? Use this chart to estimate how fast you can expect to finish based on a recent 5K or half marathon.**

| 5K | 10K | HALF MARATHON |
|---|---|---|
| 18:00 | 37:32 | 1:22:48 |
| 20:00 | 41:42 | 1:32:00 |
| 22:00 | 45:52 | 1:41:12 |
| 24:00 | 50:02 | 1:50:24 |
| 26:00 | 54:12 | 1:59:36 |
| 28:00 | 58:23 | 2:08:48 |
| 30:00 | 1:02:33 | 2:18:00 |
| 32:00 | 1:06:43 | 2:27:12 |
| 34:00 | 1:10:53 | 2:36:24 |
| 36:00 | 1:15:03 | 2:45:36 |
| 38:00 | 1:19:14 | 2:54:48 |
| 40:00 | 1:23:24 | 3:04:00 |

FOR A MORE PRECISE PREDICTION, ENTER YOUR EXACT 5K OR HALF-MARATHON TIME INTO OUR RACE TIMES PREDICTOR TOOL AT **RUNNERSWORLD.COM/PREDICTOR**.

## YOUR FIRST DAY

**Here's when to start an eight-week training plan if you're running one of these upcoming races.**

| RACE | RACE DATE | START PLAN |
|---|---|---|
| Peachtree | 7/4 | 5/11 |
| BTN Big 10K | 7/25 | 6/1 |
| Wharf to Wharf (six-miler) | 7/26 | 6/1 |
| Beach to Beacon | 8/1 | 6/8 |
| The Giant Race | 8/23 | 6/29 |
| Disneyland 10K | 9/5 | 7/13 |
| Plaza 10K | 9/13 | 7/20 |
| Pittsburgh Great Race | 9/27 | 8/3 |

CLOTHING: MAS DESIGN BRA, NIKE SHORTS AND SHOES, MICROSOFT WATCH

something, like, 'Watch it!' or 'Give some space,' if someone is running so close that they're clipping your heels. If it doesn't help, try to surge forward a little bit." If you're not worried about time, simply stick to the back of the pack, where it's usually less dense. Major races use chip timing, which records the time between when you cross the starting line and when you cross the finish line, so it doesn't matter how far back you begin.

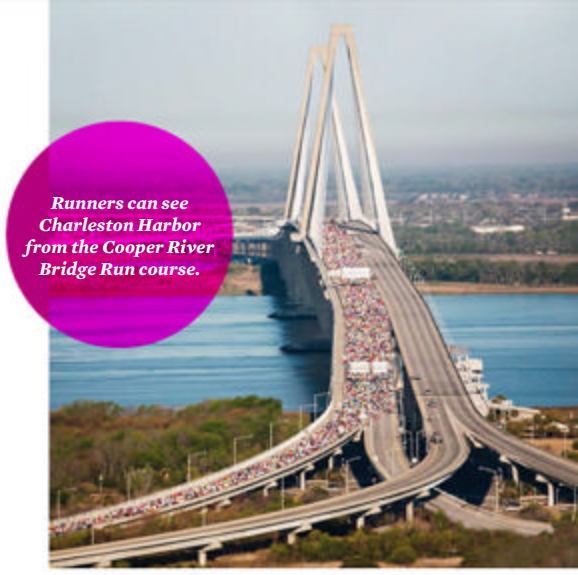
## 10

### Finish Fast

Better to go out easy and pass everyone in front of you than to go out hard and crumble: "Most of the fastest 10K finishes were run where the second half of the race was faster than the first—a negative split," says Rea. "For best results, you should run conservatively for your first 3K, then be assertive in the middle, from about 4K to 8K, and kick it up at the end." To race a negative split, practice finishing fast in training: Run the last one to three miles of most of your long runs (those that are otherwise at an easy pace) at close to goal 10K race pace. Beginners can just add a few one-minute pickups to the end of their weekly long runs, says Begay.

# Leaders of the Pack

What sets the five largest 10Ks in the U.S. above the rest



*Runners can see Charleston Harbor from the Cooper River Bridge Run course.*

**1. PEACHTREE ROAD RACE**
*(57,660 runners*)*
*July 4; Atlanta, GA*
**In the early years of this race, which began in 1970, organizers failed to print enough T-shirts for all the runners, so finishing fast enough to snag one became a coveted goal. Today, there are enough to go around, but you still need to earn it—Ts are passed out at the finish line, not at the expo.**
*Closed for 2015; 2016 registration opens in March*
*peachtreeroadrace.org*

**2. BOLDER BOULDER**
*(52,500 runners)*
*May 25; Boulder, CO*
**Set at an elevation of 5,430 feet, this high-altitude race gives runners a two-footed tour of downtown Boulder and a stadium finish at the University of Colorado. But the highlight of the Bolder Boulder occurs after you cross the line, when you get to watch elite runners (who start later) race to the finish and a Memorial Day tribute that includes skydivers and a flyover.**
*Open now (no cap)*
*bolderboulder.com*

**3. MONUMENT AVENUE 10K**
*(37,700 runners)*
*April 9, 2016; Richmond, VA*
**Runners aren't short on things to look at during this 6.2-mile architectural tour down Richmond's historic Monument Avenue, the only street in America listed on the National Register of Historic Places. The course passes monuments honoring Robert E. Lee, "Stonewall" Jackson, and tennis player Arthur Ashe, among others.**
*Registration opens December 1*
*sportsbackers.org*

**4. COOPER RIVER BRIDGE RUN**
*(31,843 runners)*
*April 2, 2016; Charleston, SC*
**This Southern draw lets runners gawk at Charleston Harbor as they cross one of the longest (and most beautiful) cable-stayed bridges in North America, the 3.5-mile-long Arthur Ravenel Jr. Bridge.**
*Open now*
*bridgerun.com*

**5. CRESCENT CITY CLASSIC**
*(25,063 runners)*
*March 26, 2016; New Orleans, LA*
**It should come as no surprise that this speedy Easter weekend race, which passes through the French Quarter, is one big, festive party. The Classic draws quite a cast of characters, from elite runners to walkers who sip cocktails or sport bunny suits as they stride.**
*Registration opens in December*
*ccc10k.com*

*Numbers are based on 2014 participation.



## ACT NOW!

**Searching for a 10K you can enter and train for right away? Try one of these.**

*Numbers are based on 2014 participation.

**The Giant Race**
*(6,355 runners*)*
*August 23; San Francisco, CA*
Runners can root, root, root for one another during this mostly out-and-back race that begins and ends at the San Francisco Giants' home stadium. Participants get a runner-shaped bobblehead and discounts on tickets for the next home game.
*Open now*
*race-sfgiants.com*

**Plaza 10K**
*(3,325 runners)*
*September 13; Kansas City, MO*
The flat, fast route starts and ends on the south side of Country Club Plaza (a trendy shopping area). Look left near mile three to spot 18-foot-tall shuttlecocks (badminton "birdies") in front of the Nelson-Atkins Museum of Art.
*Open now*
*plaza10k.com*

**Pittsburgh Great Race** (pictured)
*(10,417 runners)*
*September 27; Pittsburgh, PA*
This fast, mostly downhill course starts in 644-acre Frick Park, tours downtown Pittsburgh, and finishes on the tip of Pittsburgh's "Golden Triangle," where the Ohio, Monongahela, and Allegheny rivers meet.
*Open now*
*rungreatrace.com*

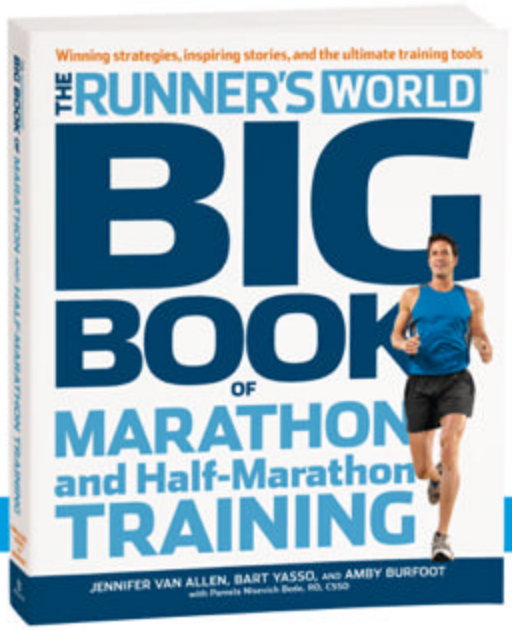
**Marine Corps Marathon 10K**
*(7,647 runners)*
*October 25; Washington, DC*
Runners start by the National Mall, on the opposite side of the Potomac River from where Marine Corps marathoners are beginning, then run past the Smithsonian Castle and the National Gallery of Art.
*Opens May 20*
*marinemarathon.com*

**Wicked 10K**
*(5,386 runners)*
*October 31; Virginia Beach, VA*
Enter this fast, ghoulish race for a healthy Halloween. The course follows the Virginia Beach waterfront, with "Thriller" dancers, candy stops, and "other spooky surprises" en route. Finishers enjoy a costume contest, live music, and free beer.
*Open now*
*wicked10k.com*

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# THE RUNDOWN

## inside the runner's world



Runners pose for their personal RUNNER'S WORLD cover at the ASICS LA Marathon Health & Fitness Expo.

### WE LOVE LA!

**The ASICS LA Marathon** was the site for the latest RUNNER'S WORLD CHALLENGE VIP festivities. Runners who signed up with RUNNER'S WORLD had access to training and advice from world-renowned coaches including four-time Olympic Marathon Trials qualifier **Budd Coates** and the Mayor of Running, **Bart Yasso**. Once on site, CHALLENGE runners were treated to a VIP marathon experience like no other, which included exlusive bib pickup, a shakeout run, and a strategy session on how to navigate the record heat that was predicted for the race!

On race day, the Challenge VIPs were treated to prerace nutrition, exclusive bag check, and a sheltered area complete with private bathrooms as they waited for their corral to be called. After the race, Challengers received food, massage, and another private location to claim their belongings and meet up with their family and friends.

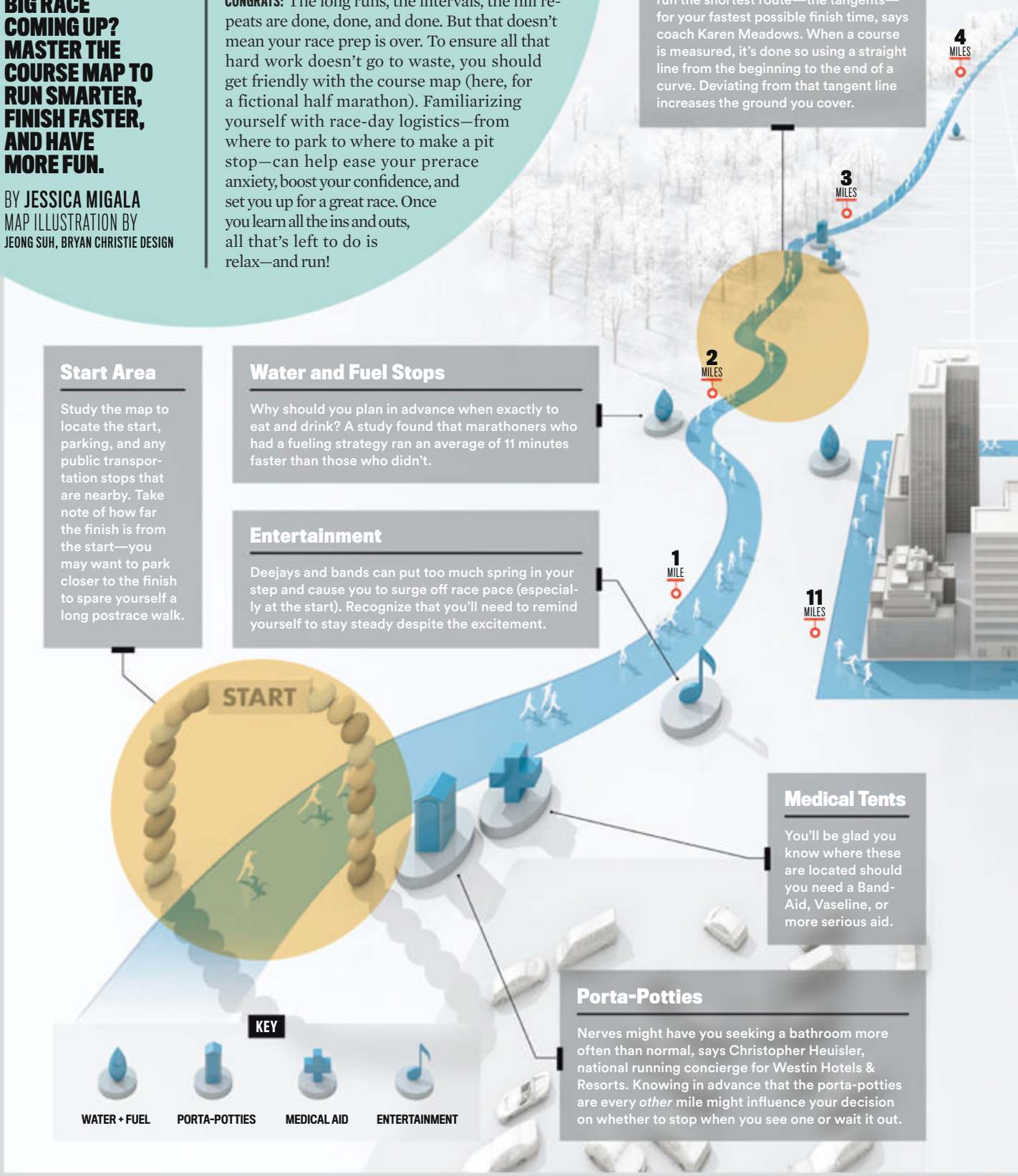
**The Health & Fitness Expo** featured a sneak peek at a RUNNER'S WORLD initiative you'll be hearing about all summer long: The RUNNER'S WORLD Cover Search. Thanks to **ASICS**, anybody could see what they looked like on the cover of RUNNER'S WORLD. Over two days, more than 1,000 people, from LA Marathon legacy runners to local track teams, took their own shot on the cover. Look for more details on the Cover Search at **runnersworld.com/coversearch**!

# Map It Out!

**BIG RACE COMING UP? MASTER THE COURSE MAP TO RUN SMARTER, FINISH FASTER, AND HAVE MORE FUN.**

BY JESSICA MIGALA
MAP ILLUSTRATION BY
JEONG SUH, BRYAN CHRISTIE DESIGN

**CONGRATS:** The long runs, the intervals, the hill repeats are done, done, and done. But that doesn't mean your race prep is over. To ensure all that hard work doesn't go to waste, you should get friendly with the course map (here, for a fictional half marathon). Familiarizing yourself with race-day logistics—from where to park to where to make a pit stop—can help ease your prerace anxiety, boost your confidence, and set you up for a great race. Once you learn all the ins and outs, all that's left to do is relax—and run!




## Winding Roads

If you're gunning for a PR, identify areas where roads twist and turn, and plan to run the shortest route—the tangents—for your fastest possible finish time, says coach Karen Meadows. When a course is measured, it's done so using a straight line from the beginning to the end of a curve. Deviating from that tangent line increases the ground you cover.

## Start Area

Study the map to locate the start, parking, and any public transportation stops that are nearby. Take note of how far the finish is from the start—you may want to park closer to the finish to spare yourself a long postrace walk.

## Water and Fuel Stops

Why should you plan in advance when exactly to eat and drink? A study found that marathoners who had a fueling strategy ran an average of 11 minutes faster than those who didn't.

## Entertainment

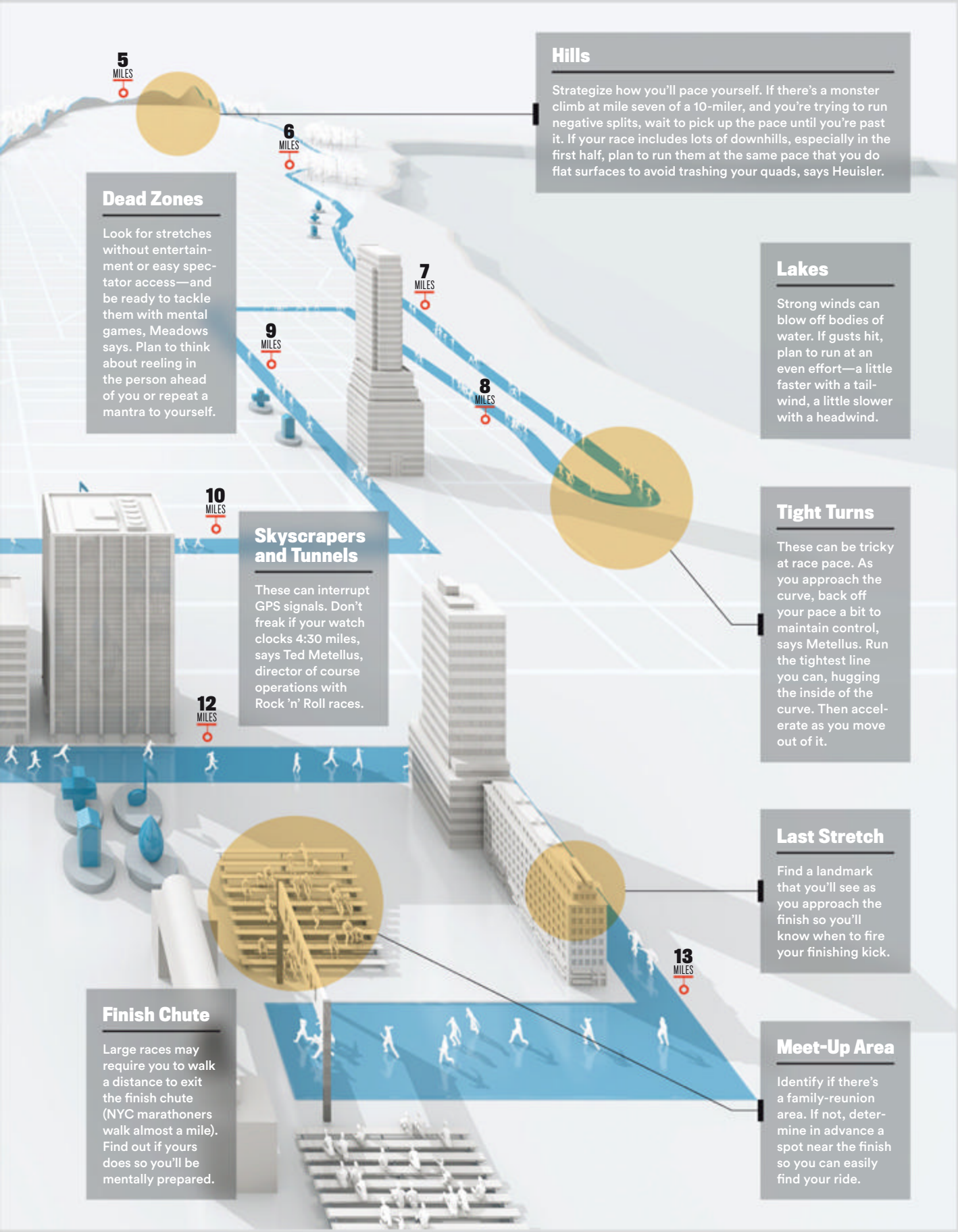
Deejays and bands can put too much spring in your step and cause you to surge off race pace (especially at the start). Recognize that you'll need to remind yourself to stay steady despite the excitement.

## Medical Tents

You'll be glad you know where these are located should you need a Band-Aid, Vaseline, or more serious aid.

## Porta-Potties

Nerves might have you seeking a bathroom more often than normal, says Christopher Heuisler, national running concierge for Westin Hotels & Resorts. Knowing in advance that the porta-potties are every *other* mile might influence your decision on whether to stop when you see one or wait it out.

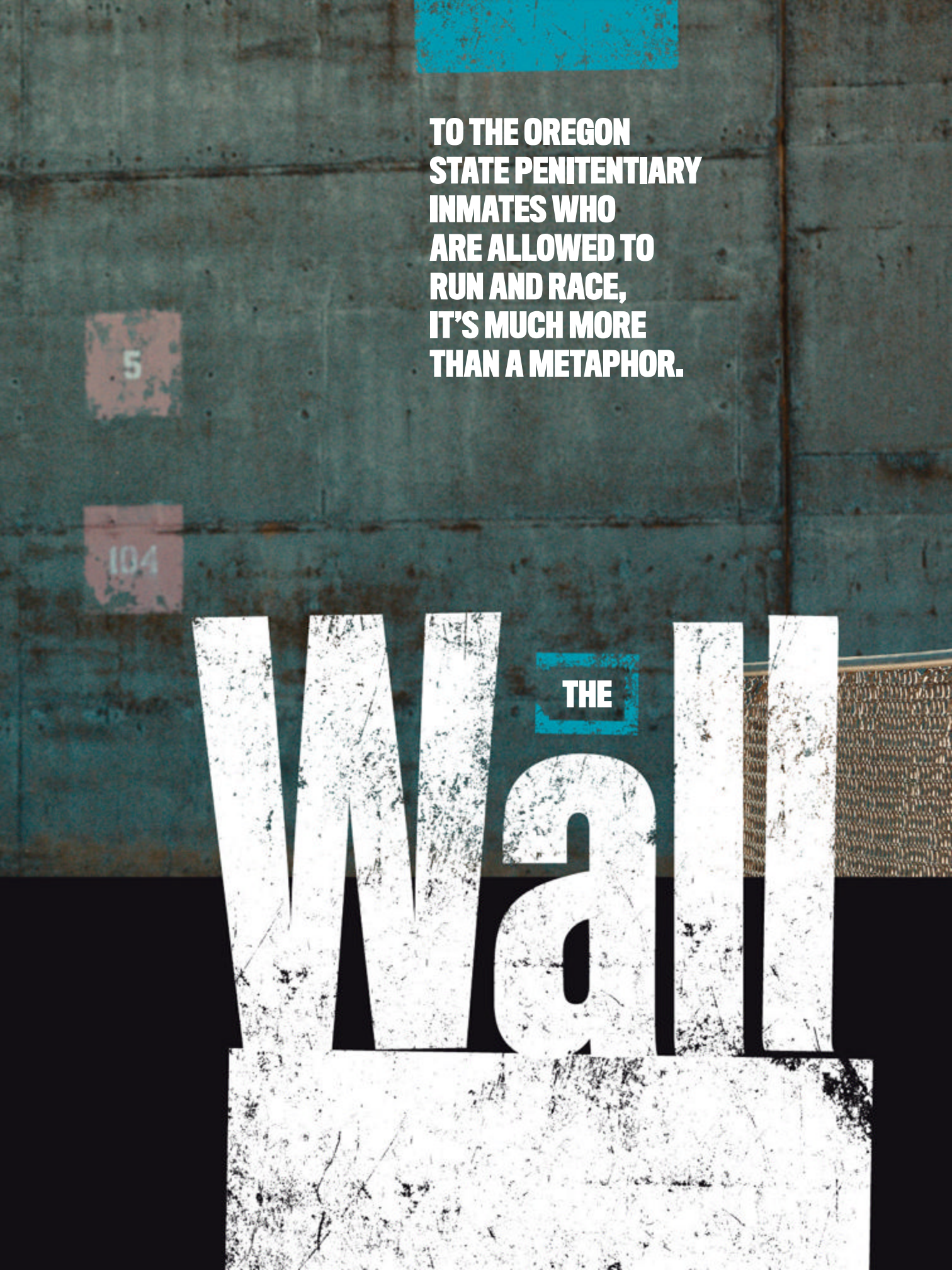

5 MILES
6 MILES
7 MILES
8 MILES
9 MILES
10 MILES
12 MILES
13 MILES
Hills
Strategize how you'll pace yourself. If there's a monster climb at mile seven of a 10-miler, and you're trying to run negative splits, wait to pick up the pace until you're past it. If your race includes lots of downhills, especially in the first half, plan to run them at the same pace that you do flat surfaces to avoid trashing your quads, says Heuisler.
Dead Zones
Look for stretches without entertainment or easy spectator access—and be ready to tackle them with mental games, Meadows says. Plan to think about reeling in the person ahead of you or repeat a mantra to yourself.
Lakes
Strong winds can blow off bodies of water. If gusts hit, plan to run at an even effort—a little faster with a tailwind, a little slower with a headwind.
Skyscrapers and Tunnels
These can interrupt GPS signals. Don't freak if your watch clocks 4:30 miles, says Ted Metellus, director of course operations with Rock 'n' Roll races.
Tight Turns
These can be tricky at race pace. As you approach the curve, back off your pace a bit to maintain control, says Metellus. Run the tightest line you can, hugging the inside of the curve. Then accelerate as you move out of it.
Last Stretch
Find a landmark that you'll see as you approach the finish so you'll know when to fire your finishing kick.
Finish Chute
Large races may require you to walk a distance to exit the finish chute (NYC marathoners walk almost a mile). Find out if yours does so you'll be mentally prepared.
Meet-Up Area
Identify if there's a family-reunion area. If not, determine in advance a spot near the finish so you can easily find your ride.



*An inmate toughs out a lap around the yard, which, eight times a year, is converted into a 5K, 10K, and/or half marathon course on which convicts race outsiders.*

BY
**MICHAEL HEALD**

PHOTOGRAPHS BY
**HOLLY ANDRES**




TO THE OREGON STATE PENITENTIARY INMATES WHO ARE ALLOWED TO RUN AND RACE, IT'S MUCH MORE THAN A METAPHOR.

# THE Wall



**IN 1866,** when the first inmates arrived, the Oregon State Penitentiary did not have a wall. It was a tricky situation, operating a prison that was still under construction, so the warden outfitted each of his new charges in an iron ankle shackle. This unforgiving device, which weighed as much as 28 pounds, quickly became known as the "Oregon Boot." Anyone who tried to run in the Oregon Boot wasn't going anywhere very quickly. Even after the 14-foot-high wall went up, the warden felt safer with the entire population of the OSP dragging one of their legs around. Soon, the inmates began to suffer the kind of permanent agony we associate with the medieval ages. Iron wore holes through their actual boots and into their ankles. Ex-cons were marked by lifelong limps.

In 1878, the governor finally addressed this barbarism, declaring that the boot should be saved for situations involving discipline or transportation. It eventually became a relic of a simpler, crueler time.

By the summer of 2014, when I began running races at the penitentiary, not only had the boot been out of use for close to 75 years, inmates could buy running shoes at the commissary. Over the years, running had become one of the most sought-after privileges for the men inside. The wall, incidentally, was now 26 feet high.

**"I DON'T KNOW** about those shorts," the correctional officer says. "They're supposed to go to the knee."

"They do go to the knee—" I say, tugging at my waistband until it's riding precariously low, "—to the top of the knee. Look, I wore these last time and nobody said anything."

"Be that as it may," she says, "do they go any lower?"

While the other outsiders slip off their shoes and pad toward the metal detector, I have to monkey around with my clothes. I'm reminded of the first few times I went clubbing, when it seemed that the only thing separating me from all of life's mysteries was a long once-over from a bouncer. Maximum security, of course, is not the kind of club you typically argue your way into. Among others, the Happy Face Killer lives here, the latest in a long and storied history of serial killers to wind up in the OSP. Most of the people waiting for us have been convicted of violent, person-on-person crime; the dress code is ostensibly for our own protection. The message is, show too much skin and there's no telling what could happen. So I pull my shorts down an eighth of an inch, and another, until she finally nods.

Otherwise, the rituals are the same as on my previous visit: the "you may be taken hostage" speech, the stamp of invisible ink, the gates opening and closing. I'm half-expecting to feel eyes on me, on my apparently too-bare legs, but the main area is nearly empty this early in the morning, and before I know it we've passed the cell blocks, and the nurse's station, and all the other passageways shooting off like commuter lines from Grand Central Station, and we're back outside, heading for the yard.

A row of pay phones—never opera-

HISTORICAL PHOTOGRAPHS COURTESY OF OREGON DEPARTMENT OF CORRECTIONS



*The Oregon State Penitentiary over time: the Oregon Boot (top left) restrained prisoners even after a wall (center) was erected around 1866; the yard as it is today (above and lower left).*

tional during any of the races—stretches off to our right. Just beyond, two well-groomed baseball diamonds are wedged inside a quarter-mile track. Despite the expanse of grass, and a surprising number of flowers, there's an overwhelming sense of gray. My eyes hit concrete in every direction, with the occasional flourish of razor wire.

Out on the asphalt track, the runners are warming up in sweatshirts and jeans. Even with our mandatory extra layer—an orange vest, to make it easier for the guards to pick us out from the blue-clad inmates—we're shivering and momentarily underdressed. The sun hasn't quite cleared the top of the wall, and in its long shadows, the place feels as cavernous as a football stadium.

As soon as the gate closes behind us, a small group of inmates approaches, holding out safety pins. There's a shortage of them, they explain, and they want to make sure our race numbers won't be flapping around for 13.1 miles. "This is Gary," I tell the group of guys. "My boss. Watch out."

"Morning," Gary says.

Gary Geist owns the brewpub where I bartend in Portland. Even though he's nearly 50 years old, he has a 2:29 marathon to his name and is going to run circles around everyone today except for Jeff, the fastest inmate. *[For privacy and at the request of many inmates, we've used only their first names and, in some cases, pseudonyms. Out of consideration for their victims, we've elected not to include any details of person-on-person crimes.]* Gary's never been inside a prison before. It's not hard to imagine what he's thinking: I was the newbie last time, and my friends Rebecca and Hopi were the veterans introducing me

to the crew. But as soon as I saw how respectfully the inmates treated women, my anxieties were quelled.

One of the guys pulls me aside. "I'm glad you came back," he says, then confides that he woke up in tears before realizing that today was race day. We're the only visitors he gets.

We shake hands and pat each other on the shoulder, but to be honest, I feel a little weird about it. A few nights ago I looked up his record. I'm not sure what came over me, but all of a sudden I wanted to learn what everyone had done. I stopped myself before it got very far. I wonder if he thinks I now know. "It's good to see you," I say.

I'm keeping an eye out for Scott, the inmate I'm hoping to keep up with today. I don't see him among those already warming up on the track. He's not among those stretching on the infield, and even though there's a handful of inmates warming up and a crew setting up the water station and PA system at the other end of the track, they're all too big to be him. Scott must be in the barn. The speakers crackle to life and we're swept up in the easy shuffle of Wilco's "Jesus, Etc." All around me, people are discussing pace groups, how hot it's going to get, whether too much was eaten at breakfast or not enough. It doesn't sound any different than the anxious prerace chatter you'd hear at any road race. My first time inside, I didn't even notice the guards with their guns up on the wall until it was time to leave.

"Tall buildings shake, voices escape singing sad, sad songs—"

"Twenty minutes!" the inmate doing the announcing says. "Twenty minutes till the second annual High Wall Half Marathon!"

**AS EVERY RUNNER KNOWS,** this sport has a way of shaping one's identity. The self-discipline involved in getting out there can be applied to pretty much everything you do. For many of the inmates, particularly those who have been derailed by addiction, running offers a fundamentally different blueprint for how to live.

Located an hour south of Portland in the capital city of Salem, the OSP is male-only, but both women and men from the outside are welcome to compete against inmates in the monthly race series, which runs one day a month, a Friday or Saturday, from March to October—seven 5Ks and 10Ks (run concurrently) and one half marathon. Out of 2,000 inmates, 130 are part of the running club. More than four decades old, organized and funded by inmates, the program's very existence suggests that prison can be rehabilitative. Eighteen months of good behavior are required to join the club, and it can take years for space to open up to those on the waiting list. In addition to the race series, club members are eligible for "running turnout," which allows for daily access to the yard for the sole purpose of training, a vastly preferable alternative to "main yardlines," when nonrunning inmates clog up the track.

"Were you already runners?" I asked a pair of inmates named Todd and James when I visited the prison on a nonrace day. I was hoping to learn a little bit more about their lives. "Like when you were...younger?" I sputtered. It was hard not to feel like I was asking them how long they'd been inside.

**ORGANIZED BY INMATES, THE PROGRAM'S VERY EXISTENCE SUGGESTS THAT PRISON CAN BE REHABILITATIVE.**

"I ran," James said, "but I wouldn't have called myself a runner."

"It's terrible sedentary in here," Todd said. "I'd be 285 pounds without daily exercise. I'd get fat drinking water."

It makes all the difference, they told me, to be able to set goals, to have races to train for. They're a few years older than I am: late 30s, early 40s, but due to their crimes, they no longer have relationships with their families. Barring bad behavior—or worse luck—the two of them will be living together until Todd gets out in 2028. And then James will have four more years without his closest friend. "We're running marathons in here," he said, "not 5Ks."

They are, as he put it, part of the "one bad day" club. The implication being that they had been leading respectable lives and loving their families and most of the time remembered to vote and recycle until one bad day they just snapped. I imagined bar fights gone ugly, DUIs, a made-for-TV medley of drug-induced stupidity.

"When I run," James said, "I don't see the walls. There's a tremendous amount of realization that life has to go on. It can get pretty rough and dark in here. But we're not just going to be here."

"That's why race day is so important," Todd said. "Bringing outsiders in here. It's a chance to show that we're normal. A chance to feel normal. Ninety-three percent of us are coming back to your communities. We'll be running alongside you, just not wearing blue."

**HOW IN THE WORLD** did we get here? From the Oregon Boot to prison-sanctioned half marathons?

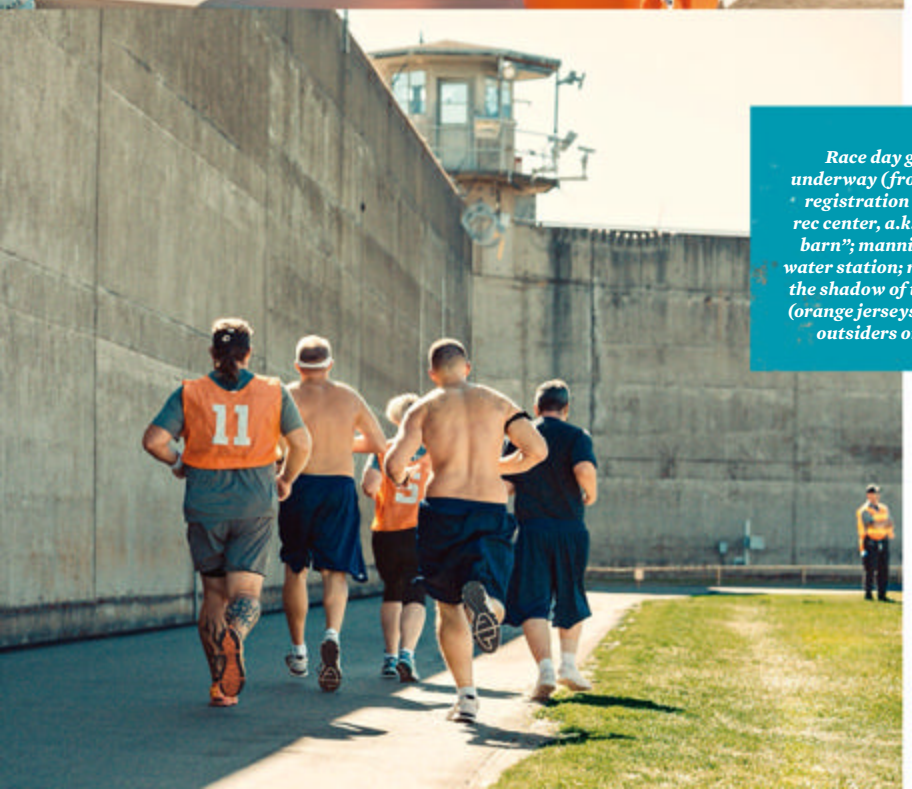
As is so often the case with distance running, the story begins with Steve Prefontaine. When the legendary Oregon runner died in 1975, among those devastated by the news were inmates at the OSP. But they weren't just Pre's fans; the former American record holder had been coaching them for several years. "I'm going for a run by myself today," he would tell his teammates, then drive an hour north up I-5 to visit his other family in Salem. Pre may have cultivated an outlaw persona on the track, but he apparently kept his relationship with actual outlaws under wraps.

In 1997, inmates raised funds for a mounting stone and penned the words on the iconic headstone which, ever since, has marked the curve on Skyline Boulevard in Eugene where he died. Imagine if Johnny Cash, as well as performing in Folsom Prison, had also taught several songwriting workshops and kept the whole thing secret for years, before passing away in a tragic accident, and you'll begin to understand how profound the connection is between the running club and Pre.

Steve Bence, one of Pre's teammates at the University of Oregon, believes that Pre's hardscrabble background was the driving force behind his relationship with the OSP. "Growing up," Bence





***Race day gets underway (from top): registration in the rec center, a.k.a. "the barn"; manning the water station; racing in the shadow of the wall (orange jerseys are for outsiders only).***

told me, "he knew he had a choice: running and college, or a path that would have led to trouble. I think he knew that it could well have been him in there."

"He was taking a sociology class," former roommate Pat Tyson told me, "and the professor took them to the prison on a field trip. And he just kept going back."

Mary Marckx Creel, Pre's girlfriend back in college, added, "It was the gospel to him, that running could save you. By spreading it to prisoners, he was showing that they could be redeemed."

"It wasn't just Pre," Ben Andrews, another former Oregon Duck, said over coffee. "You know who also went in? Dellinger. Bill's a very stoic, life-of-the-party guy. A contradiction, I know—but he is. And so it's hard to know what's going on deep inside him."

Bill Dellinger has the distinction of being one of the last American men to medal in the 5,000 meters in the Olympics, winning bronze 51 years ago in Tokyo. (His teammate Bob Schul won gold, finishing exactly one second ahead.) Despite his accomplishments on and off the track—Dellinger is unquestionably one of the all-time great coaches in the sport, having trained everyone from Prefontaine to Alberto Salazar to Mary Slaney—he isn't quite a household name.

For several decades, Dellinger quietly fanned the flames under Pre's legacy at the OSP, bringing U of O runners up to Salem to conduct clinics and run races at the penitentiary.

"There was an inmate who would write to him for advice," Art Boileau, the two-time Olympic marathoner, told me. "And Coach Dellinger would write up workouts for the guy. There was no fanfare, nobody knew anything about it. And then one day at practice he told us we were going running in Salem. And eventually I realized we're going to the state pen. But I would do anything for Coach Dellinger. It was an amazing experience. I felt so appreciated."

Dellinger's tenure at the University of Oregon, which lasted for more than three decades, ended in the late '90s. Ben Andrews was on his final team. "I was sitting in Coach Dellinger's house one day," Andrews told me. "We were talking about the good old days, and I told him I'd gone inside and run with the prisoners. He popped up and said, 'What do you mean?' And I said, 'I went inside. I went running with those guys.' And he gave me a hug. He's not a real huggy guy. And he said,



*Left: Inmate Todd, the running program's coordinator, with a painting of patron saint Pre. Above: For former inmate Kelley Slayton, running changed everything .*

'I'm so proud of you. That is the biggest thing you can do for people in their lives. Love on them when they're not loved.'"

**"RUNNERS!** Fifteen minutes!"

I suppose I shouldn't be surprised that only four outsiders have shown up today. How many people are able to take a Friday off work to run a half marathon in a prison? How many would want to, especially on a day that's supposed to hit 90? I ask inmate Todd, who works as the Running Program Coordinator, how today's turnout compares to last year. "There's about twice as many inmates running," he says.

"And outsiders?"

"Actually, there weren't any."

A crowd has gathered at a sign where lap splits for every finishing time from 1:30 up to two hours have been posted. Mickey, a shirtless, tan, youthful 51-year-old, asks Gary and me how fast we're planning on going. When I tell him I'd be happy with 1:35, which translates to 3:05 per lap, he fights off a frown. "Well," he says, "I might be able to keep up with you for a while."

"I'm going out easy," I assure him.

"What about you?" he asks Gary, making the mistake of judging my boss by the lines on his face.

Gary confesses that his likely finishing time is, in fact, "off the charts"—somewhere in the 1:20s.

"You'll be right there with Jeff," Mickey whistles.

"Is Jeff still hurt?" I ask.

"Does he look hurt?"

We all turn and face the infield. As usual, Jeff is on his own, on the grass, stretching. He pulls out his earbuds as we approach. (Inmates are able to purchase prison-approved MP3 players.) Like Mickey, he is already shirtless. On a potential scorcher like today, stuck in my two layers (the orange vest would be too risqué to wear on its own), I'm a little envious...until I remember that this clothing is my ticket out.

Jeff gets to his feet. The fastest inmate is bigger than I remember. He must be six-five, six-six.

"I don't know why exactly," he says, "but I'm feeling better." He tests his Achilles tendon, which is when I notice that his shoes look more like cross-trainers than running shoes. Could be the reason behind his injury, but I bite my tongue. Jeff makes more than a hundred dollars a month doing laundry, which is actually one of the best-paying jobs available. But he can't just zip by the shoe store on the way home from work. "Last week I ran a 1:26 in practice," he says.

I go looking for my own rival. The "recreation building," the large structure in the middle of the yard, is divided into three sections. It is the least charming "barn," as inmates call it, I've ever been inside. Although it houses an indoor basketball court and a giant bathroom, the front room isn't particularly athletic-feeling. Picture a cafeteria, except instead of food, runners' sweats are folded neatly on top of nearly every table. I notice a guy pinning a photo of his family to his shorts. I pick up my bib and give my name to the guys who are in charge of the results. Below every race number is the running club's motto: "Run for Your Life."

I finally spot Scott, whose jeans and hoodie threaten to swallow him whole. He's alone at a table along the far wall, looking over a printout of his splits from last year. While watching him win the 10K last month, I noticed a particular lightfootedness that I figured could only come from a background in cross country. Turns out he ran at Beaverton High School. Right now he looks extraordinarily focused. "Michael," he says. "Ready for this?"

"I don't know about this heat. But I think I can PR."

"Oh yeah?" he says.

I'm a little embarrassed to admit that I have only a single half marathon under my belt, an unofficial route out on the coast this past April. Just me and five friends, and more than 1,000 feet of elevation gain. Anything under 1:35 today, and I'll be proud of myself.

"After last time," he says, "I realized I'd read your story about the group in Arizona trying to make the Olympics."

"So you get *Runner's World* in here," I say. "That's wild."

"The guy in the cell next to mine has a subscription. What are you writing about next?"

*What am I writing about next?* I rack

my brain, trying to recall our conversation from my first visit. Obviously I mentioned the magazine, but did I not explain what was happening here? Did he just think I was here for the race?

Not that I hadn't felt at ease with other inmates, but my first time inside, with Scott, a lot of personal stuff had just seemed to naturally come up. He's got this sort of gentle easiness about him. But now, he's probably playing back everything he already shared with me: the six kids, the wife who visits daily, the 6,000 miles he's run, the 8,000 on the elliptical, the 7,000 on the exercise bike. ("If you add it all up," he said about the distance he's covered since getting locked up in 2007, "I've nearly gone around the world in here.") The last thing I want to do is blindside him. "So yeah," I say. "I was hoping to write about you...all of this."

"Oh!"

"Sorry that wasn't clear."

"I thought you were just here for the race," Scott says.

"I mean, I'm here for that, too," I reply. "I want to run well."

Outside the announcer gives the 10-minute warning. Scott pulls off his sweatshirt. "3:05s," he says.

"What?"

"That's the split. For your PR."

I can't tell if he's pleased or upset. It's difficult, trying to get to know someone who doesn't have a phone number or email address. After the first race, I briefly considered writing a letter but discovered a real reluctance in giving up my address, opening myself up to who knows how many years of correspondence. And then there's the whole question of why he's here, and whether or not the answer will change everything I think about him.




*Ben Andrews (left) and Dick Brown, both of whom coached runners at the prison, sharing thank-you cards from inmates. Inset: Pre's parents (left) at a prison function circa 1997.*

**SO WHY EVEN** ask the question? You are either someone who believes that people—even those who have committed grievous acts of violence—can recover... or you aren't. Regardless, it's worth considering the case of Kelley Slayton.

Locked up at 24, Kelley didn't get sober until six years into his 14-year sentence. "My dad was a big influence," he told me recently, when we went running along the Willamette River. "He won the masters division of the Portland Marathon when I was 19. At the time, I would run races with him after getting loaded the night before, but I didn't see myself as a runner. Once I was inside, I eventually realized that running was a way of bringing us closer."

I asked him what the relationship was between his running and his sobriety.

"With those races in there," Kelley said, "I hated losing. I could tell right away that drinking wasn't doing me any good in life. My last drink was out of a mop bucket."

Kelley lives with the kind of full-hearted joy that comes from beating the odds. Known as "Rock" to the men on the inside, the former middleweight boxing champ of the prison would look tough if his smile weren't constantly shoving the hardness aside. It's difficult to believe this is the same man who, at his sentencing, was called a "monster" by the judge, who went on to say that he wished he could put Kelley away forever.

With violent crime, forgiveness and understanding—especially from victims—is almost always out of the question. When confronted with the facts of their past, most people, no matter how open-minded they might regard themselves, will retreat emotionally. The marks of incarceration might be less obvious than those left by the Oregon Boot 150 years ago, but they can be just as permanent.

Now 47, Kelley was released in 2006, having completed his first marathon on the unforgiving blacktop of the OSP. Since then, he's run Boston and NYC, with a lifetime best of 2:50. More important, despite his background, he's also managed to find a meaningful career. After struggling for years to find work, he spent time as a custodian at the Portland Timbers' soccer stadium and eventually landed his dream job as a residential counselor at a rehab

INSET PHOTOGRAPH COURTESY OF LARRY NORRIS

facility. "Every day I get to help people," he told me, incredulous at his good fortune.

Kelley is unique among former inmates in that he actually goes back into the prison and races the people he used to live with. Undefeated for the final five years of his sentence, it's still a source of pride for him to finish first.

"Every time I go in there, I'm showing people that you can come out here and make it in life," he said. "The recidivism rate is crazy bad. I'm lucky. About eight out of 10 people go back to prison. They talk about being institutionalized—I fight that notion."

"What it's like, going back?"

"The first time I went in," Kelley continued, "it was weird, because when I came through the door, a correctional officer asked me what I was doing. And I was like, 'I'm here for the race.' I had some runners with me—I'd brought like four people—and he was like, 'What are you *really* doing here?' Like I had some ulterior motive. There are people who smuggle drugs. I had no intention of doing something stupid like that."

"But he was looking at you the same old way," I said.

"I don't blame him. He doesn't know my motives. He doesn't know that I've changed my life."

**THE LOOP** around the yard is 2,250 feet long, not quite half a mile. Thirty-one loops adds up to a half marathon, meaning that we'll get thirty water stops—making this perhaps the best-supported half marathon in the country. On top of that, energy gels are making the rounds. Everyone else seems to be carrying theirs, but I stash my double espresso at the foot of the water station and figure if it's not there in an hour, oh well. The inmates paid for it, and considering how little they make, I can't really complain.

"Runners on your marks—"

Thirty-seven of us toe the line. The rest of the running club is either manning the water station (three giant coolers of Gatorade, lemonade, and water), serving as our lap counters, or simply cheering us on for the next couple hours. "Get set—" says the announcer.

There is, of course, no gun.

Jeff and Gary zip off. I settle into a pack with Scott and Mickey and a guy named Trapper. As a special bonus for going 13.1, or perhaps simply an effort to keep the boredom at bay, the guards have opened up an extra part of the yard under the wall, where we continue off the track onto a well-trod dirt path. The faded tangle of green and white next to the path eventually reveals itself to be a miniature golf course. After a couple 90-degree turns, we zip past the horseshoe pit and back onto the track. This extra bit is far and away my favorite part of the loop. It's a break from the blacktop and the only time I have the chance to feel nimble and light on my feet like I do on the trails back home in Forest Park. It's also stupidly entertaining to imagine the golf course and horseshoes in use.

The most interesting other respite is the "swamp," a squishy strip of overwatered grass we cross every time we leave the track and start heading around the barn. Otherwise we just keep putting the same blacktop behind us, and even with the music playing, it feels pretty empty out here, and increasingly hot, especially behind the barn. The guards, of course, do not clap or ring cow bells. Every time we round the back corner of the barn and reach the shade under the wall, the announcer's play-by-play is once again audible and there's a tangible lift in energy. "Six down for Gary Geist!" we hear him say. Which means Gary's already got a half lap on us. And Jeff's got even more than that. Before long they'll come speeding past us.

Mickey tells me that the quick turns around the horseshoes are throwing him off. "I'm used to running in straight lines," he says. "My muscles don't know what to do with turns like these."

**"I WANNA TELL YOU SOMETHING," THE INMATE TOLD ANDREWS. "IF YOU DON'T RUN HARD, YOU WON'T BE WELCOME BACK."**

**IN 2003,** *Outside* magazine profiled Jonathan Gill. At the time, Gill, 34, was an inmate at a minimum security facility run by the Oregon Department of Corrections. He made waves by announcing that he was training for the 2004 Olympic Trials, where his goal was to qualify for the Athens-bound team in the 1,500 meters. Even though it made for a good story, almost nobody gave him a chance, except for his coach, Dick Brown.

The former head of Athletics West, Brown had already guided 13 athletes to the Olympics and World Championships. Brown had also taken over Dellinger's role at the penitentiary after Dellinger's stroke in 2000. The towering, soft-spoken Brown had been at the forefront of recovery research for decades, and many of his findings influenced other coaches, including one of the sport's most successful coaches, Alberto Salazar.

Brown was forced to stop going to the prison in 2010, after being diagnosed with cancer. When I visited him at his home in Eugene, I found it strangely comforting to chat about the men we both knew in the running club. I was curious to find out what happened to Gill, but there were plenty of other memories to discuss.

"My first time," Brown told me, "like every time—I felt totally safe. I felt appreciated. I do remember the guards telling us, 'If anything happens, just lay on the ground.' I don't know if they still say that."

"These days it's more like, 'You may be taken hostage,'" I said

"Do you know why they make you wear orange?" A wry smile played across his face.

"I just assumed that they're trying to make it harder for someone to sneak out with us."

"Not exactly," Brown said. "It's so if they have to start shooting, they know not to shoot you." He shook his head. "But it was always a safe, friendly atmosphere."

There was, alas, no Hollywood ending for Gill, who lived and trained with Brown for eight months after being released in the summer of 2003. Things fell apart when it became clear that he was still drinking. "It was painful, but I held him to our contract," Brown told me. "He had to go to a halfway house." Instead of making the Trials, Gill made a series of bad decisions that led to him

being locked up once again for about six months. But over the past decade he's finally turned things around and was recently named squad boss of his wildlife firefighting unit in Washington. "He was so proud when he called me up," Brown told me.

"How do you open your life up like that?" I asked.

"How do you mean?"

"Take somebody in like that."

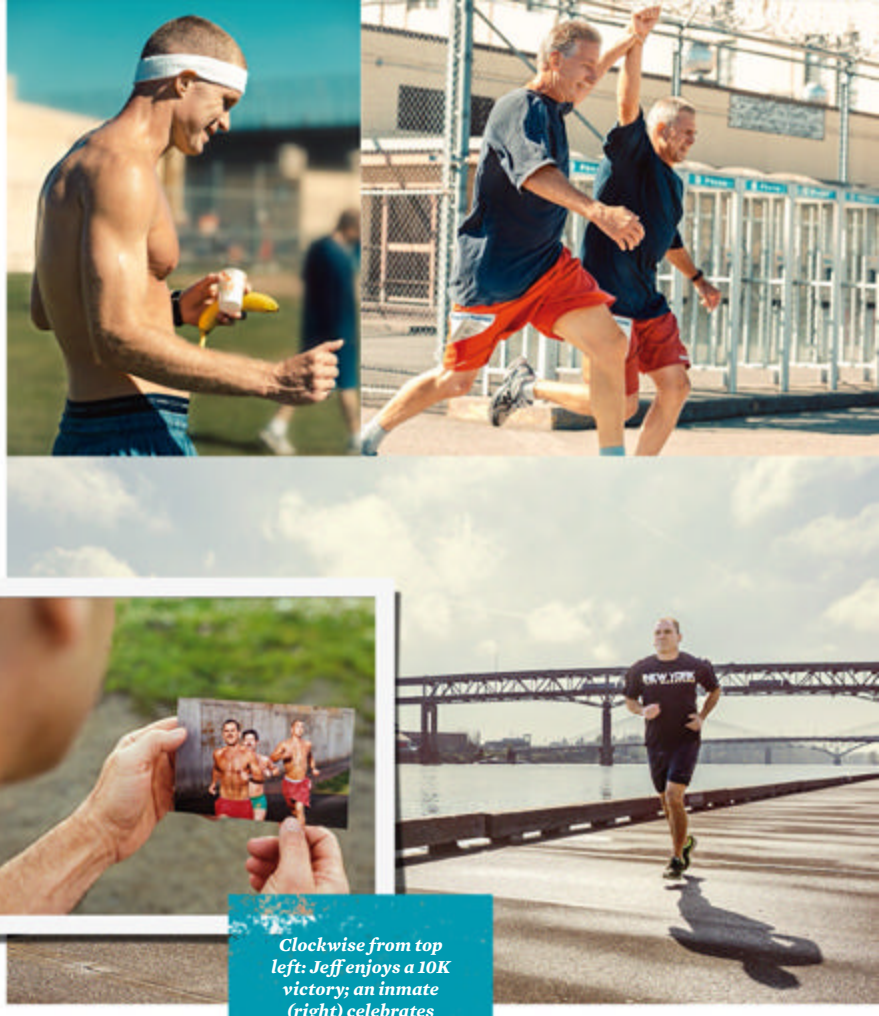
"It takes time. You have to get to know them. Take Kelley, for instance. He wanted to know if he could call me when he was getting out, and ask questions about running, and I said that was fine. And there were others that would send me Christmas cards—"

"You would give out your address?"

"To the ones I became friends with," he said. "There was a saying in the prison—maybe you've heard it? There's the mad, the bad, and the sad. There's about 70 percent sad—they're decent people that got hooked up with drugs or alcohol or made a dumb choice. There's 15 percent that are mad—that are just mentally ill. And there are 15 percent that are just bad to the bone."

"Do you think those numbers—the 70/15/15—are reflected in the population of the running club?" I asked.

Brown paused. "The runners feel—and maybe justifiably so—that it is a privilege to be in the club. What I always come back to is this: I never saw anybody make fun of any runner there. Even when you had somebody that was overweight, or not very athletic—even if they just walked most of it, but finished—the guys encouraged them. There is such a sense of pride. Not just in themselves. But in one another. And when you're talking about people who might be in for life—even though they might not show it, the thought must be in the back of their minds. *I'm gonna die here*."



*Clockwise from top left: Jeff enjoys a 10K victory; an inmate (right) celebrates his final race before release; Kelley Slayton runs the waterfront and looks back on his 14 years inside.*

**AMONG THE CROWD** of blue at the finish line is a man wearing a red shirt. Scott tells me that this man is a prison employee—the only employee to cheer on the runners today. I'm not surprised to learn that he's also a marathoner. The most dedicated spectator, however, is an older inmate, standing alone by the horseshoes, who claps heartily every time we come by. "Yeah!" he says. "Yeah!"

The pace is just this side of conversational, which means that a couple times per lap I'm able to summon the breath to chat. Even as Mickey and Trapper begin to fall back, Scott tells me how pleased he is to see other inmates in the mix. "So many people have improved," he says. "Last year I was the only one under 1:50." He finished in 1:33, so he was literally miles ahead—where Jeff is this year.

I asked him why he joined the running club.

"I was facing 25 years," Scott says, "and I knew there was going to be limited access to healthcare in here. I wanted to take care of my heart. And emotionally, I just wanted to run."

Over the next few miles, Scott tells me about his first marathon. This was back in 2011. He'd been dreaming of tackling one for ages but was worried that he wouldn't have quite enough time to finish it. He realized that his best chance would come on race day, because the guards always gave the running club a little extra time. If he stayed outside after the race and kept going through the main yard line, there would, he calculated, be just enough time to cover 26.2 before the guards cleared the yard. But he would have to break four hours.

Scott's marathon started the instant he was brought outside that spring day in 2011. He got in two miles before the official race even started, then fought the impulse to speed up at the end of the 10K with his running buddies. He kept running through all the postrace relaxing. A little before halfway, the running club went back inside, and the general population was let out, and he began dodging through the nonrunners while steeling himself for any resulting distractions.

The worry set in at mile 12, the cramps at mile 14. He was behind pace, but just a little. He pressed on, his calf muscles seizing up, his brain misfiring while he attempted to calculate the new mathematical realities that arrived with each lap. It wasn't until mile 23 that he knew he wasn't going to do it. At mile 25, the guards cleared the yard. Barely able to walk, Scott was determined to finish his marathon back inside. He hobbled to his cell block, and after 10 blinding minutes on the elliptical, crossed the line with a 4:01:47. Since then, he's run three more marathons—all arranged around the yard sched- (Continued on page 109)


YOU CAN'T
FIND YOUR STRONG
IF YOU'RE NOT
LOOKING FOR IT.
BE A SEEKER › FIND YOUR STRONG
Mark Logan
Ex-pro footballer
seeking to see the world
through running.
saucony®
See the video at saucony.com/findyourstrong




# SUMMER SHOE GUIDE

BY JONATHAN BEVERLY & MARTYN SHORTEN, PH.D. PHOTOGRAPHS BY NICK FERRARI

# RW SHOE FINDER

**FINDING THE RIGHT PAIR** of shoes is a highly subjective exercise, but we've simplified the task by reviewing 22 top new models. To find the best pair for you, answer the questions in this flowchart. Your choices will lead to a set of options tailored to meet your needs. For more reviews, see runnersworld.com/shoefinder.

**START!**

**What is your weekly mileage?**

- LESS THAN 18
- 18–32
- MORE THAN 32

## (1) BODY MASS INDEX (BMI)

BMI is calculated from your weight and height, and offers a fairly reliable indication of body type. Generally, the higher your BMI, the more shoe you need.

| 0 – 18 | 19 – 24 | 25+ |
|---|---|---|
| UNDERWEIGHT | OPTIMAL | OVERWEIGHT |

*Find your BMI at runnersworld.com/bmi.*

**Is your BMI 27 or greater?**
SEE (1), ABOVE

- NO
- YES

**What is your arch type?**
SEE (2), AT RIGHT

- FLAT
- HIGH
- NORMAL

**Are you injury prone?**
SEE (3), FAR RIGHT

- YES
- NO

- 3 OPTIONS
- 7 OPTIONS
- 14 OPTIONS

## (2) ARCH TYPE

**NORMAL**
Normal-arched runners commonly have normal pronation—the natural rolling of the foot after impact that dissipates shock. These runners can wear just about any shoe.

**HIGH**
When you have high arches, your feet don't roll enough, so the legs absorb extra shock. Runners should seek added cushioning but not extra support.

**FLAT**
Flat-footed runners often overpronate; their feet roll inward more than the ideal amount, increasing the risk of injury. Added cushioning and support can help.

*Find your arch type at runnersworld.com/wettest.*

## MORE SHOE



- Hoka One One Bondi 4 p. 90
- Saucony Hurricane ISO p. 90 (Best Update)
- Brooks Transcend 2 p. 90
- Asics Gel-Nimbus 17 p. 91 (Editor's Choice)
- Altra Provision 2 p. 91
- On Cloudster p. 92
- New Balance 870v4 p. 91

# MORE SHOE OR LESS SHOE?

We organize this flowchart from "more shoe" (lower left) to "less shoe" (top right). Choosing more or less depends on your preferred level of cushioning, support, weight, and road feel.

**LOOK LEFT**
if you prefer more cushioning and/or more stability and support features. These shoes provide comfort and protection but tend to weigh more, have a higher platform, be less flexible, and provide less road feel.

**LOOK RIGHT**
if you prefer shoes that are lighter, lower to the ground, and more flexible. These shoes are for going fast, and they provide minimal protection and stability.

**HEAD TO THE MIDDLE**
for shoes that offer a balance of features that work well for most runners. They have just enough cushioning, stability, and flexibility to feel fast and comfy without being stiff or bulky.

LESS SHOE

**Are you injury prone?**
SEE (3), AT RIGHT

NO → 5 OPTIONS
YES → 6 OPTIONS

**(3) INJURY PRONE**
Have you been injured in the past 12 months, or battled repeated injuries throughout your running career? If so, answer "yes," which will lead you to shoes with more cushioning and/or support.

**Is your BMI 23 or less?**
SEE (1), FAR LEFT

NO → **What is your arch type?** SEE (2), AT LEFT
- FLAT → 5 OPTIONS
- NORMAL → **Are you injury prone?** SEE (3), ABOVE
  - YES → 9 OPTIONS
  - NO → 12 OPTIONS
- HIGH → 3 OPTIONS

YES → 6 OPTIONS


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Nike Lunar Tempo p. 98


Best Debut
New Balance 1500v1 p. 98


Sketchers GOrun 4 p. 99


Newton Aha p. 96


Adidas Adizero Tempo 7 Boost p. 99


Pearl Izumi EM Road N2 p. 96


Skora Tempo p. 96


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Nike Zoom Pegasus 32 p. 93


Mizuno Wave Inspire 11 p. 93


Karhu Strong 5 p. 94


Best Buy
361° Sensation p. 94


Ryka Kora p. 94



## Hoka One One Bondi 4 $150

This version has a similar sole height and ride to its predecessor, but it comes with a more beveled heel for a smoother landing, more forefoot rubber for better durability, and a new supportive upper. Some testers found the upper constrictive, while others gave it top marks. On the run, they liked the Bondi 4's stable feel and recommended it for recovery runs or long runs, or for people nursing minor injuries.

**BOTTOM LINE:** *Smooth roller.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 10.2 oz (M); 8.8 oz (W)
**Height:** 42.3 mm (heel); 35.0 mm (forefoot)



## Brooks Transcend 2 $170

In this update, Brooks made the "Guide Rails"—firm material around the edges of the shoe that stabilize the foot—softer and redid the upper using embedded straps that wrap the midfoot. Testers found the fit greatly improved, and they enjoyed the solid, well-cushioned ride. "Like a 4WD luxury vehicle," says Matthew Schroeder of East Lansing, Michigan. "All the comforts combined with stability."

**BOTTOM LINE:** *Comfy, discreet support.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 11.7 oz (M); 9.5 oz (W)
**Height:** 36.0 mm (heel); 26.5 mm (forefoot)




## SAUCONY HURRICANE ISO $150

Testers swooned over the fit, cushioning, and support of this plush stability shoe. The midsole is the same as in previous models, with a large, firm pod at the arch to correct for over-rotating, a moderate heel-toe drop (we measured just under 9 mm), and thick padding under the forefoot (they've added more foam for near-max cushioning). The new ISOfit upper combines a soft inner layer with a stronger outer shell. To provide more control, the Hurricane's outer wrap is less flexible than on other ISOfit models (the Triumph and Zealot), which caused pressure points for a few testers, but most praised the shoe's support, comfort, and stable ride.

**BOTTOM LINE:** *A cushy and controlled ride got even more comfy.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 10.6 oz (M); 8.7 oz (W)
**Height:** 34.6 mm (heel); 25.7 mm (forefoot)

### TESTER'S TAKE

**NAME:** Erika Toraya
**AGE:** 41
**HEIGHT:** 5' 4"
**WEIGHT:** 122 lbs.
**MILES PER WEEK:** 20–29
**HOME:** San Diego
**OCCUPATION:** Actor, Model



"The Hurricane has good stability and support, and all the cushioning I need without feeling heavy or too bulky. It feels great to run in these shoes."



## Altra Provision 2 $120

Altra rebuilt the Provision, incorporating a wedge shape (higher on the arch side) into the midsole to keep the foot from rolling, and placed stability pods—posts in the outsole—under the heel and the balls of the big and pinky toes to aid balance. Firmer midsole material throughout adds stability; the shoe's foot-shaped toebox helps offset the lack of flexibility. The result? Great support and a comfortable, natural feel.

**BOTTOM LINE:** *Naturally stable.*

**HEEL CUSHIONING**
FIRM — SOFT

**FOREFOOT CUSHIONING**
FIRM — SOFT

**FLEXIBILITY**
LESS — MORE

**Weight:** 9.9 oz (M); 8.4 oz (W)
**Height:** 27.3 mm (heel); 26.2 mm (forefoot)



## New Balance 870v4 $115

If moderation in all things is a virtue, then the 870 is a saint. Moderately stable, moderately cushioned, moderately nimble, this shoe will work well for most runners on most every running day. It sports a lighter weight and a wider, more stable platform under the forefoot and midfoot. The all-new, more flexible upper accommodates both wide and narrow feet comfortably and securely.

**BOTTOM LINE:** *Makes everyone happy.*

**HEEL CUSHIONING**
FIRM — SOFT

**FOREFOOT CUSHIONING**
FIRM — SOFT

**FLEXIBILITY**
LESS — MORE

**Weight:** 9.6 oz (M); 7.9 oz (W)
**Height:** 32.1 mm (heel); 23.2 mm (forefoot)




## ASICS GEL-NIMBUS 17 $150

The Nimbus has long been the Cadillac of the Asics line: the plushest, most cushioned ride you can buy. The 17th edition is a luxury sport model, displaying nimble performance as the lightest and most flexible Nimbus yet, while even more cushioned. The upper has been overhauled with a seamless mesh that conforms and moves with your foot. A plastic external cage supports the heel without adding much weight. The sockliner is made of a lighter, bouncier material; gel padding extends farther forward to cushion your outside toe. The women's model is built for a women's-specific foot shape and uses softer foams and more heel lift to support the Achilles tendon. Testers gave the shoe a big thumbs up for fit, cushioning, and ride, faulting it only for its color.

**BOTTOM LINE:** *Luxury model gets sportier.*

**HEEL CUSHIONING**
FIRM — SOFT

**FOREFOOT CUSHIONING**
FIRM — SOFT

**FLEXIBILITY**
LESS — MORE

**Weight:** 11.3 oz (M); 10.0 oz (W)
**Height:** 36.3 mm (heel); 26.2 mm (forefoot)

### TESTER'S TAKE

**NAME:** Stephanie Gambone
**AGE:** 49
**HEIGHT:** 5' 4"
**WEIGHT:** 122 lbs.
**MILES PER WEEK:** 30–39
**HOME:** Lansdale, PA
**OCCUPATION:** Tech. Business Sales Planner



"The Nimbus 17 is lightweight, with a perfect amount of cushioning, stability, and comfort. It provided good support in my heel, midfoot, and forefoot. The cushioning was so good, I had that bounce-like feeling of running on the treadmill. They've perfected this shoe."

PHOTOGRAPHS BY MITCH MANDEL (SHOE STILLS ON WHITE); SET STYLING BY KATHERINE RUSCH; ILLUSTRATIONS BY JOEL KIMMEL



## Asics Gel-Noosa Tri 10 $140

The Noosa Tri's light, supportive, snappy ride has made it a favorite for a decade. A lighter weight midsole ensures a speedy ride, and a plastic bridge in the midfoot extends into the forefoot providing stability and a springloaded toe-off. Seamless upper construction and engineered mesh allow the upper to hug the foot. The stiff heel cup divided testers—some found it rigid, while others appreciated the support.

**BOTTOM LINE:** *A light, stable ride.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 9.7 oz (M); 8.0 oz (W)
**Height:** 33.0 mm (heel); 23.6 mm (forefoot)



## Saucony Zealot ISO $130

The Zealot has the low heel-toe drop and light weight of the Kinvara, and the thick cushioning and two-layer ISOfit upper of the Triumph. Its upper is the lightest and least structured of the ISOfit models, providing the most adaptive fit. A wide base provides stability, and a strong curve enhances toe-off. Kate Zimmerman of East Lansing says, "Great comfort and support for being so light and almost zero drop."

**BOTTOM LINE:** *Cushioned moccasin.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 8.5 oz (M); 7.2 oz (W)
**Height:** 32.0 mm (heel); 25.4 mm (forefoot)




## ON CLOUDSTER $130

The brainchild of a Swiss engineer and an elite triathlete, On's outsole is designed to provide—yep—a cloudlike ride. Compression of the cannoli-style tubes (called "Cloud Elements") on the outsole gives way to the rebound from the foam midsole to create a firm takeoff and cushioned landing. Testers dug it, giving cushioning high marks and almost universally mentioning the shoe's bounce or "spring" feel. They also liked the fit of the upper. While this model doesn't provide motion control, testers found the ride surprisingly stable. Some complained about its weight and relative stiffness, but the performance of the sole mostly overshadowed such criticism.

**BOTTOM LINE:** *Bouncy protection thanks to Swiss engineering.*

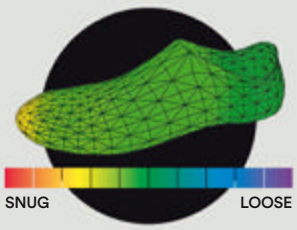
HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 11.1 oz (M); 9.2 oz (W)
**Height:** 34.5 mm (heel); 26.0 mm (forefoot)

**HOW IT FITS:** Scans from Shoefitr, a company that makes 3-D images showing how a shoe fits, reveal that the Cloudster has a roomy fit in the heel that gets more snug through the midfoot and toe. This confirms testers' impressions of a standard fit with a slightly narrow toebox complemented by a stretchy mesh. To see scans of all shoes here, visit runnersworld.com/shoefinder.





## Nike Zoom Pegasus 32 $110

The Pegasus keeps getter lighter and faster. This version rides similar to last year's, with a large heel-toe drop, bouncy feel underfoot, and moderate stability. Flexibility is better, however, and the upper is new. A light, woven mesh is supported around the midfoot by overlapping cords that tie into the laces. "As soon as I put them on, they seemed to conform to my foot," says Crystal Peterson of Enders, Nebraska.

**BOTTOM LINE:** *Light, comfy performance.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 9.7 oz (M); 8.0 oz (W)
**Height:** 34.8 mm (heel); 21.6 mm (forefoot)



## Mizuno Wave Inspire 11 $120

While the last version of the Inspire dipped below 10 ounces, fans were disappointed by its clunky ride. This version restores the original Wave plate for a more responsive feel and quicker roll onto the upturned toe. Extra rubber under the ball of the foot provides a firmer feel, and the all-new upper wraps the foot. "It provides the right amount of support while remaining light," says Kyle Zeuch from East Lansing.

**BOTTOM LINE:** *Supportive, swift ride.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 9.5 oz (M); 7.5 oz (W)
**Height:** 33.7 mm (heel); 21.5 mm (forefoot)



# HIGH, LOW, OR NO? THE UPS AND DOWNS OF HEEL-TOE DROP

The difference between the height of your heel and the height of the ball of your foot is referred to as "heel-toe drop." In our lab, we determine that difference by cutting the upper off the shoe and measuring from the sole of the foot to the ground. The optimal drop is often argued, and ultimately depends on what works best for you.

**Proponents of low- or zero-drop (i.e., when both heel and ball of foot are close to or at the same height above ground) shoes argue that by mimicking the foot's natural placement on the ground such shoes will:**

- Help improve balance and encourage better postural alignment
- Encourage more of a forward-weighted foot strike, which helps reduce impact forces
- Reduce twisting forces on knees and hips
- Improve propulsion by allowing for full stretch and recoil of the Achilles tendon and plantar fascia (called the "windlass effect")
- Weigh less and have a more balanced feel

**Detractors of the low- or zero-drop approach believe that such shoes are better suited for walking rather than running and claim that a moderate (8- to 14-millimeter) drop helps:**

- Reduce impact forces for heel strikers (the majority of runners) by providing more cushioning
- Minimize pronation by helping the foot roll forward rather than inward
- Improve stabilization, which increases efficiency
- Reduce forces on the Achilles tendon and plantar fascia by limiting how far they need to stretch as you kick backward
- Foster a longer stride, thus a faster pace at the same turnover rate

**BOTTOM LINE?** Changing the level of drop you're used to affects the forces you encounter and may change your stride, which can make you less efficient and more susceptible to injury while adapting to the new geometry. So stick to the drop that's been working for you. Change it only if you've been getting injured, or you want to alter your stride (which, we should add, requires more than just new shoes). Note: You can always add heel height to a shoe with a thick-heeled orthotic insole or a foam heel lift.



## Karhu Strong 5 $150

If you've never tried Karhu, the Strong 5 would be a good place to start. Karhu's fulcrum—a higher-density wedge in the midsole—runs full-length in the Strong 5, providing cushioned support and helping roll the stride forward. Both the wedge and the foam cushioning are softer in this fifth version, and the heel is slightly lower. Testers praised the shoe's stable, supportive feel and the wide forefoot.

**BOTTOM LINE:** *Fast-rolling, stable ride.*



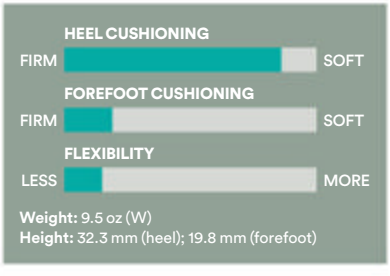

**Weight:** 10.7 oz (M); 9.0 oz (W)
**Height:** 32.5 mm (heel); 22.7 mm (forefoot)



## Ryka Kora $70

Ryka makes women's-only shoes designed with a narrower heel and roomier midfoot and forefoot. Testers found the fit of the neutral-cushioned Kora exceptional and praised the comfort of the contoured footbed and the cushioned heel. But some felt the shoes lacked the durability and stability required for logging long miles, suggesting these might work best for beginners or treadmill running.

**BOTTOM LINE:** *Great fit at a bargain price.*



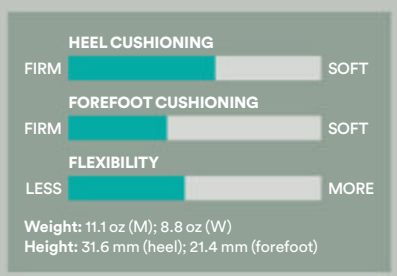

**Weight:** 9.5 oz (W)
**Height:** 32.3 mm (heel); 19.8 mm (forefoot)




## 361° SENSATION $120

"One degree beyond" is the 361° motto. The Sensation is their high-mileage trainer, and it hits the sweet spot of being moderately cushioned and stable while also feeling responsive. That energizing feel comes thanks to a proprietary midsole compound—a foam and rubber blend—that comprises the sockliner and the first layer under the foot. Stability comes from a layer of firmer foam working in tandem with the plastic bridge under the arch. The segmented outsole isolates landing forces and allows for impressive forefoot flex. Despite being leery of a new brand, testers were won over by the shoe's fit, stability, and balanced cushioning.

**BOTTOM LINE:** *High-end performance at a moderate price.*



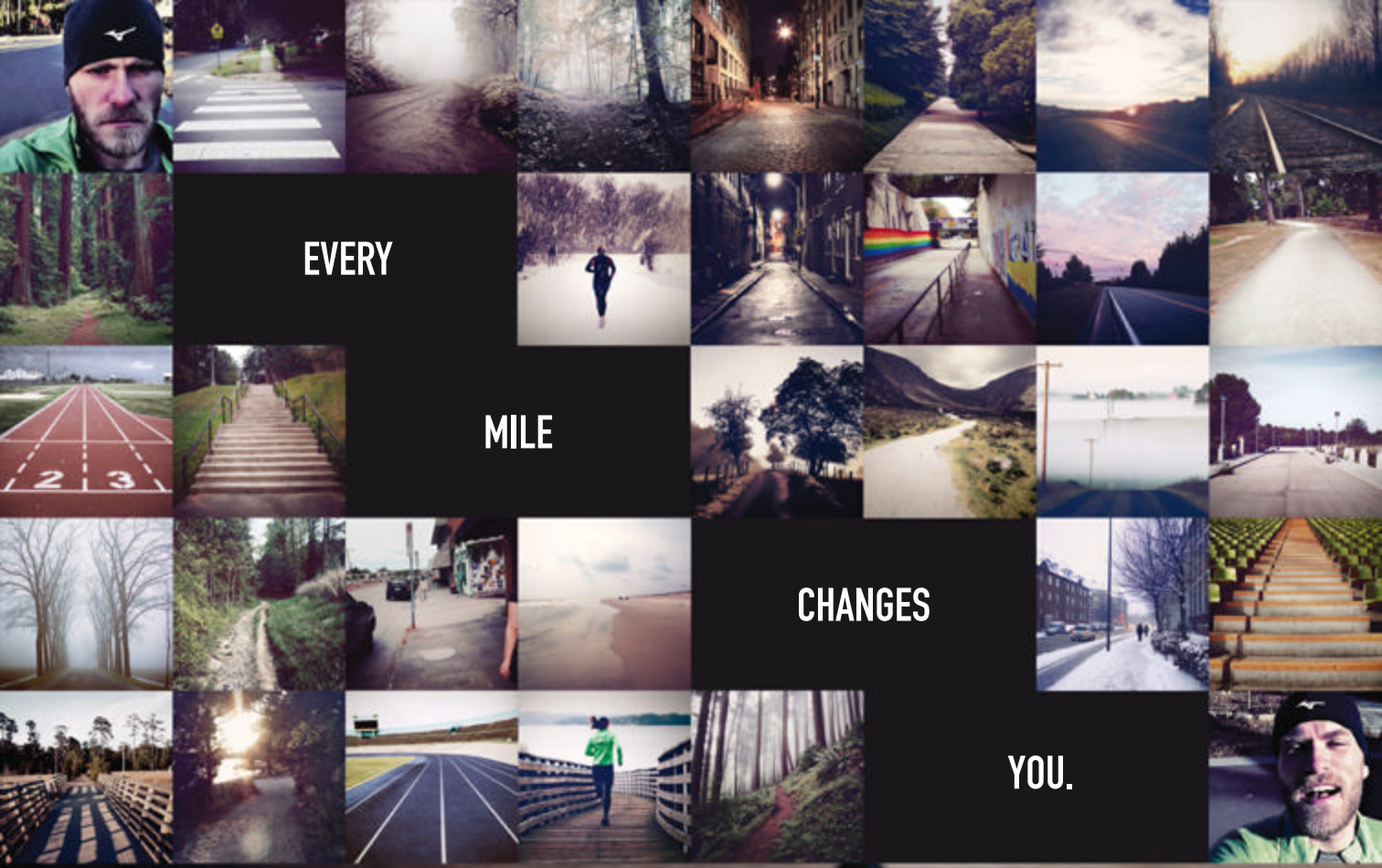

**Weight:** 11.1 oz (M); 8.8 oz (W)
**Height:** 31.6 mm (heel); 21.4 mm (forefoot)

### TESTER'S TAKE

**NAME:** Kevin Sayers
**AGE:** 41
**HEIGHT:** 5' 9"
**WEIGHT:** 145 lbs.
**MILES PER WEEK:** 25+
**HOME:** East Lansing, MI
**OCCUPATION:** Urban Forester



"A surprisingly comfortable, light, and durable training shoe. Cushioning was well apportioned throughout—not too thick or thin. It felt solid and stable without being stiff or constrictive like some overly supportive shoes. Seems to be built with strong, flexible materials as well."




## MAKE THE MOST OF EVERY ONE.

Designed to maximize forward momentum, the new WAVE RIDER 18 offers a responsive, lightweight ride to harness the positive energy of every step. Start your transformation at *MizunoRunning.com*

MIZUNO.



## Skora Tempo $130

A cushioned shoe from a minimalist brand, the Tempo has a foot-shaped design with a wide forefoot, rounded heel, and low heel-toe drop. Midsole cushioning makes the shoe more mainstream and suitable for high mileage. Some testers couldn't bear the unusual feel, while others agreed with Andre Dompierre of East Lansing, who says the shoe provides a "solid connection to the ground with good protection."

**BOTTOM LINE:** *Protection for minimalists.*

**HEEL CUSHIONING**
FIRM — SOFT

**FOREFOOT CUSHIONING**
FIRM — SOFT

**FLEXIBILITY**
LESS — MORE

**Weight:** 7.8 oz (M); 6.2 oz (W)
**Height:** 25.8 mm (heel); 23.2 mm (forefoot)



## Pearl Izumi EM Road N2 $120

Pearl Izumi's eMotion shoes sport a curved midsole for a smooth, rolling stride. The moderately cushioned, neutral N2 isn't soft, but testers said it provides a responsive, protective feel. They loved the snug, "socklike" fit of the upper. Besides the new upper, Pearl Izumi added flex grooves and widened the platform in this update, both of which improved the balance and rolling transition onto the forefoot.

**BOTTOM LINE:** *Dreamy cruiser.*

**HEEL CUSHIONING**
FIRM — SOFT

**FOREFOOT CUSHIONING**
FIRM — SOFT

**FLEXIBILITY**
LESS — MORE

**Weight:** 10.0 oz (M); 8.1 oz (W)
**Height:** 30.6 mm (heel); 20.3 mm (forefoot)




## NEWTON AHA $110

"This might be one of the most fun shoes I have ever run in," says wear-tester Greg Kaplan of Philadelphia. With their protruding forefoot lugs, Newton shoes have long encouraged a forefoot-landing stride, but the Aha has a more mainstream design. The five lugs under the ball of the foot protrude less than on other Newton models, and sink into a softer, foam-backed chamber for a soft and lively feel. The Aha's well-cushioned heel and 7 mm of heel-toe drop can accommodate any strike pattern, while the quick-rolling action of the lugs still rewards getting your weight forward. Light enough to be a racing shoe, with a soft mesh upper, the Aha appealed to nearly all testers. Betsy Daly, a heel-striker from Macungie, Pennsylvania, raved, "This shoe makes me want to never stop running."

**BOTTOM LINE:** *Makes you feel light.*

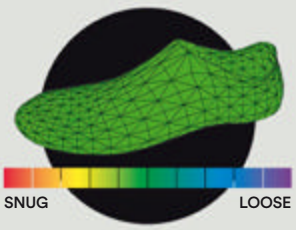
**HEEL CUSHIONING**
FIRM — SOFT

**FOREFOOT CUSHIONING**
FIRM — SOFT

**FLEXIBILITY**
LESS — MORE

**Weight:** 8.2 oz (M); 6.6 oz (W)
**Height:** 31.1 mm (heel); 23.9 mm (forefoot)

**HOW IT FITS:** The Shoefitr scan reveals that the Newton Aha has an average to slightly wide fit throughout. Testers said that the light, flexible mesh adjusted easily and conformed comfortably to their foot shape, whether wide or narrow. "The shoe felt roomy, but not sloppy," says Tammy Royston of East Lansing.



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## Nike Lunar Tempo $110

The Tempo starts from the same mold as Nike's popular Lunar Racer and adds midsole foam for more cushioning plus additional rubber pads under the forefoot for more durability. The upper has slightly more padding than the Racer, with wire supports throughout that run through the laces for more support around the midfoot. In the end, testers felt the shoe was still best suited for their namesake runs—or faster.

**BOTTOM LINE:** *Slipper fit for moving fast.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 6.9 oz (M); 5.5 oz (W)
**Height:** 28.7 (heel); 20.1 mm (forefoot)



## Altra Instinct/Intuition 3 $110

The Instinct (men's) and Intuition (women's) were Altra's first model, and the boxy-looking, zero-drop shoes earned a loyal following. Those fans, however, found version 2 thicker, squishier, and harder to bend. Altra atoned, making this model firmer, lighter, and more flexible. They improved the fit, too: It's snug from heel to forefoot. Testers gave the 3 high praise. "Feels good right away," says Thom Hunt of San Diego.

**BOTTOM LINE:** *Keeps you running tall.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 8.9 oz (M); 6.8 oz (W)
**Height:** 22.9 mm (heel); 21.8 mm (forefoot)




## NEW BALANCE 1500v1 $110

This new model wowed our testers with its fit, stability, and ultralight performance. The 1500 is snug in the heel, midfoot, and arch, then widens in the forefoot and upturns at the toe to speed your stride along. A firm block under the arch reduces inward rolling and connects to a plastic bridge that further stabilizes the midfoot. REVlite midsole material provides moderate cushioning with a firm, responsive feel and makes the 1500 the lightest and most flexible shoe in this review. The mesh upper has fused light overlays, and holds the foot without binding it. Most testers reserved the shoe for racing and speedwork, although some found it supportive enough for long runs.

**BOTTOM LINE:** *Ultralight and stable.*

HEEL CUSHIONING
FIRM — SOFT

FOREFOOT CUSHIONING
FIRM — SOFT

FLEXIBILITY
LESS — MORE

**Weight:** 6.6 oz (M); 6.0 oz (W)
**Height:** 28.5 mm (heel); 22.6 mm (forefoot)

### TESTER'S TAKE

**NAME:** Kelli Graham
**AGE:** 32
**HEIGHT:** 5' 3"
**WEIGHT:** 118 lbs.
**MILES PER WEEK:** 25
**HOME:** Portland, MI
**OCCUPATION:** Elementary Music Teacher



"This shoe offered plenty of cushioning and more stability than I'm used to, without adding bulk and weight. It has a comfortable upper with room for my toes. I've been looking for a shoe that was lightweight but still provided enough cushioning for long runs—this fit my needs perfectly!"







## Adidas Adizero Tempo 7 Boost $120

The Tempo, a lightweight trainer/racer, has been rebuilt for its seventh edition. The upper is made of softer, more breathable material. Adidas's bouncy Boost midsole material stretches from the heel to the middle of the forefoot, and firmer foam around the forefoot provides a stable pushoff platform. Although slightly heavier than previous versions, the Tempo 7 is more flexible and lower to the ground, with less squish and more pop. The lab gave it the highest energy-return scores in this review, and testers praised its responsiveness on fast-paced runs.

**BOTTOM LINE:** *Lots of pushoff pop.*

HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

**Weight:** 9.7 oz (M); 8.2 oz (W)
**Height:** 28.4 mm (heel); 18.4 mm (forefoot)

## Skechers GOrun 4 $100

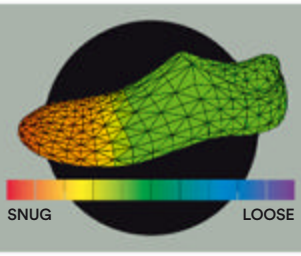
Light, cushy, and neutral: all words that have defined previous GOrun models. That's still true about the 4, but this version has a less pronounced rocker shape. Instead, molded pillars and rubber pads in the midfoot act as a bridge from heel to toe, providing support and mild stability. The very flexible forefoot is thicker and more cushioned without feeling mushy. Testers gave the light, unstructured upper props for comfort, but really loved the optional sockliner that lets you adjust the cushioning and heel height depending on your preference or the day's workout.

**BOTTOM LINE:** *Soft speedsters.*

HEEL CUSHIONING
FIRM — SOFT
FOREFOOT CUSHIONING
FIRM — SOFT
FLEXIBILITY
LESS — MORE

**Weight:** 7.9 oz (M); 6.1 oz (W)
**Height:** 29.6 mm (heel); 20.2 mm (forefoot)

**HOW IT FITS:** The Shoefitr 3-D scan shows that the Adidas Adizero Tempo 7 Boost has a standard fit in the heel and midfoot, but narrows sharply in the toe. Testers with wide feet found this uncomfortable, but those with standard to narrow feet praised how the snug fit allowed the shoe to move with their feet, thanks to a more flexible upper compared to previous Tempo models.






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## ESTES PARK MARATHON AND HALF

June 21 (2016 registration opens August 15), Estes Park, Colorado
epmarathon.org

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With a starting elevation of 7,550 feet and 2,000 feet of climbing, the Estes Park Marathon has long attracted runners seeking a test of will. But the 12-year-old race has itself been challenged. Over several days in September 2013, 17 inches of rain inundated northern Colorado, turning roads to rivers, killing 10 people, and destroying thousands of homes. Estes Park—a remote, 6,000-resident hamlet bordering Rocky Mountain National Park—flooded so badly that nine months later, five miles of the marathon course were still impassable. Organizers redrew the route to include a double loop of parts of the scenic half course, which is how it remains today. On race day last year, locals donned "Stronger than the Flood" T-shirts and a record 1,100 runners turned out. The town has since bounced back, and the event—which includes a 5K, 10K, half, full, relay, and kids run—is thriving. On the next page, real runners explain why.

PHOTOGRAPHS BY **CHRISTOPHER WURZBACH**



**RUNNERS REVIEW** ESTES PARK MARATHON AND HALF

## RARE BEAUTY

"This was my 100th marathon and I have to say, you just don't often get vistas like this. You've got the snow-capped Rocky Mountains in the distance, and then you run by the Stanley Hotel, which famously inspired Stephen King's *The Shining*. There's a lily pond with muskrats swimming in it at mile 24, and you finish up near Lake Estes. If you're looking for scenic value, it doesn't get much better."

—**BENJI DURDEN** (1980 OLYMPIC MARATHONER), 63, BOULDER, COLORADO

## SERENITY AND SOLID PRIZES

"Aside from the wildlife, you feel like you have the course to yourself. And (for being the top female marathoner) I won an overnight stay at the Stanley Hotel (rooms starting at $175 per night)."

—**BECKY SMITH**, 30, LAKEWOOD, COLORADO

## ROLLING TERRAIN

"The course is tough, and the elevation gets you at first—especially if you're from sea level—but the hill placement is perfect. You start with a downhill to get warmed up, and then you have a long incline (three miles at three percent grade starting at mile 3.5) before you get a bunch of breaks. Sprinting onto the Estes Park High School track to finish the half marathon was fantastic."

—**ALAN HENDERSON**, 49, PERRYSBURG, OHIO

## STAGGERED START

"My mother and I were able to see Dad off at the start of the half marathon (7 a.m.) and then get into the zone for our race (the 5K, which starts at 8:30 a.m.). So he was there to cheer us on when we were finishing. You could have a family member in every race (including the marathon, which starts at 6 a.m., and the 10K, at 7:15 a.m.) and you would all end up at the same place around the same time."

—**NICHOLE HENDERSON**, 22, PERRYSBURG, OHIO

## SMALL-TOWN FEEL

"You don't have to walk miles from your car to get to the starting line. You can go inside the high school beforehand to warm up or afterward to get out of the cold, enjoy food from local restaurants, and watch the awards ceremony. We went downtown the night before the half marathon and looked around at the cute little shops. It's a nice place to hang out for a few days after the race."

—**ROXANNE THOMAS**, 60, HAYWARD, WISCONSIN

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## Ask Coach Jenny
## Tips and tactics to master evening races

**Are there any benefits to racing at night?**

If you're not a morning person, it's a chance to race when you're fully awake and fueled. And, if you usually run in the evening, you may find that's when you race your best. Plus, it's a fun change of pace—in many places, races like these are offered only a few months out of the year.

**How should I eat to prepare for an evening race?**

The night before, have your normal prerace meal. On race day, flip the order of your meals in terms of size. If you're racing at 6 p.m., for example, breakfast should be your biggest meal. Include fat, protein, and fiber so it stays with you. Have a lighter, easily digestible lunch, then eat a high-carb snack (like a piece of fruit or an energy bar) two hours before gun time.

**What should I do during the day to make sure my body is ready?**

If possible, limit your activity, but don't be a complete slouch. Set an alarm every 45 minutes to get up and move around. Walk a loop around your home or office, walk up and down a few flights of stairs, or do some gentle stretches. People with more active day jobs will arrive at the race less rested but also less tight. Don't forget to do your usual warmup prerace.

Jenny Hadfield is a running coach in Chicago. Visit her blog at **runnersworld.com/coachjenny**.

## Race Inspired Events with landmarks that influenced authors and filmmakers

### SHAWSHANK HUSTLE

This 4.4-miler starts and ends at the **Ohio State Reformatory**, the main filming location for Stephen King's novella-turned-movie, *The Shawshank Redemption*. Fortunately, participants do not have to tunnel their way to the finish line.

July 25, Mansfield, Ohio
shawshankhustle.com



### DASH TO THE FINISH LINE 5K

In J.D. Salinger's *Catcher in the Rye*, Holden Caulfield ponders where the ducks in a Central Park pond go during the winter. You can wonder the same thing as you pass that spot at mile two of this race, which ends at the New York City Marathon finish line.

October 31, New York City, nyrr.org

### QUEENSTOWN INTERNATIONAL MARATHON

With scenery straight out of J.R.R. Tolkien's Middle Earth, this might be the one course to rule them all. The highlight is a stretch next to 112-square-mile Lake Wakatipu, a backdrop used in multiple scenes from *The Lord of the Rings* films.

November 21, Queenstown, New Zealand, queenstown-marathon.com

PHOTOGRAPH COURTESY OF THE MANSFIELD/RICHLAND COUNTY CONVENTION & VISITORS BUREAU (OHIO STATE REFORMATORY)



RUNNER INTERVIEWS CONDENSED AND EDITED BY **LISA MARSHALL**

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**JUN 13 - The Valerie Fund Walk & JAG Physical Therapy 5K Run**
Essex County's Verona Park - Verona, NJ
**Contact:** Tina Kaplan @ The Valerie Fund,
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(973) 761-0422
tkaplan@thevaleriefund.org
**www.thevaleriefund.org/walk**

**JUN 13, JUL 11, AUG 8 - Shoe House 5 Miler Series**
York, PA
**Contact:** Toni Arbogast,
1405 Williams Road, York, PA 17402.
(717) 266-2227
toni@usroadrunning.com
**www.usroadrunning.com**

**JUL 25-26 - PA Grand Canyon Half Marathons (one Sat., one Sun.)**
Wellsboro, PA
**Contact:** ACT Sports Management,
P.O. Box 488, Lionville, PA 19353.
(610) 308-3993
info@pagrandcanyonmarathon.com
**www.pagrandcanyonmarathon.com**

**SEP 6 - Mt. Nittany Marathon to benefit the Mount Nittany Conservancy**
State College, PA
**Contact:** John Hook,
P.O. Box 334, State College, PA 16804.
(814) 404-5314
john@mtnittany.org
**www.mtnittany.org/marathon/**

**SEP 20 - Navy Air Force Half Marathon & Navy 5 Miler**
Washington, DC
**Contact:** Joint Base Anacostia Bolling MWR,
12 Brookley Ave., Washington, DC 20032.
navyairforcehalfmarathon@gmail.com
**www.navyairforcehalfmarathon.com**

**OCT 4 - Divas® Half Marathon & 5K in Long Island**
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**OCT 17-18 - Myrtle Beach Mini Marathon - Half Marathon, Coastal 5K & Doggie Dash**
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info@runmyrtlebeach.com
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**OCT 18 - 7 Bridges Marathon, Half Marathon, 5K & 1K**
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**Contact:** Ken Radley,
Coolidge Park.
(423) 400-6897
director@sceniccitymultisport.com
**www.sevenbridgesmarathon.com**

**NOV 7-8 - Outer Banks Marathon & Southern Fried Half Marathon, 8K, 5K, Fun Run & Southern 6**
Kitty Hawk, NC
**Contact:** Race Director,
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info@obxse.org
**www.outerbanksmarathon.org**
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**NOV 14 - Anthem Richmond Marathon, Half Marathon & 8K**
Richmond, VA
**Contact:** Race Director,
100 Avenue of Champions,
Richmond, VA 23230.
(804) 285-9495
marathon@sportsbackers.org
**www.richmondmarathon.org**

**DEC 6 - Divas® Half Marathon & 5K in St. Augustine Beach**
St. Augustine Beach, FL
**Contact:** Continental Event & Sports Management,
P.O. Box 56-1154, Miami, FL 33256-1154.
info@runlikeadiva.com
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**DEC 12 - Rocket City Marathon**
Huntsville, AL
**Contact:** Suzanne Taylor,
2722 Carl T Jones Drive, Suite 2B,
Huntsville, AL 35802.
(256) 520-0768
suzanne@fleetfeethuntsville.com
**www.runrocketcity.com**

## NORTH CENTRAL

**JUN 13 - Summerfest Rock 'n Sole Run, Half Marathon, Quarter Marathon & 5K**
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**Contact:** Sandra Chambers,
16851 Southpark Dr., Suite 100,
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(317) 354-7796
sandra@visioneventmanagement.com
**www.rocknsolerun.com**

**JUL 4 - 20th Annual Hannibal Cannibal, 15K, 10K, 5K & 5K Walk**
Hannibal, MO
**Contact:** Angie Wilcoxson, Race Director,
P.O. Box 551, Hannibal, MO 63401.
(573) 629-3577
info@hannibalcannibal.com
**www.hannibalcannibal.com**

**AUG 22 - Go Far Woman Half Marathon, Relay, 10K & 5K**
Fargo, ND
**Contact:** Sue Knutson,
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West Fargo, ND 58078.
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(717) 266-2227
toni@usroadrunning.com
**www.usroadrunning.com**

**SEP 18-20 - Community First Fox Cities Marathon, Half Marathon, Relay, 5K & Kids Run**
Appleton, WI
**Contact:** Debbie Jansen,
P.O. Box 1315, Appleton, WI 54912-1315.
(920) 882-9499
info@foxcitiesmarathon.org
**www.foxcitiesmarathon.org**

**SEP 19 - Air Force Marathon, Half Marathon, 10K & 5K**
Wright-Patterson AFB, Dayton, OH
**Contact:** Race Director,
Bldg #219, Room 106, 5030 Patterson Pkwy.,
Wright-Patterson AFB, OH 45433.
(937) 257-4350
usaf.marathon@us.af.mil
**www.usafmarathon.com**

**SEP 26 - Akron Marathon (Rubber City Race Series), Marathon, Half Marathon, Team Relay & Kids Fun Run**
Akron, OH
**Contact:** Brian Polen, Race Director,
453 S. High St., Suite 301, Akron, OH 44311.
(877) 375-2786
info@akronmarathon.org
**www.rubbercityraceseries.org**

**SEP 26 - Brewers Mini-Marathon & 10K**
Milwaukee, WI
**Contact:** Bryn Winter,
One Brewers Way, Milwaukee, WI 53214.
(414) 902-4563
bryn.winter@brewers.com
**www.brewersmini.com**

**SEP 26 - Mill Race Marathon, Half Marathon & 5K**
Columbus, IN
**Contact:** Joel Sauer,
P.O. Box 1317, Indianapolis, IN 47202.
(317) 294-9306
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**OCT 3 - Evansville Half Marathon**
Evansville, IN
**Contact:** Heather Lejman,
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(812) 401-9622
lejman@ymcaswin.org
**www.evansvillehalfmarathon.org**

**OCT 17 - Fargo Mini Marathon, Half Marathon, 10K & 5K**
Fargo, ND
**Contact:** Mark Knutson,
405 W Main Ave., #1-D,
West Fargo, ND 58078.
(701) 238-1900
mark@gofarevents.com
**www.fargominimarathon.com**

**OCT 17 - Waddell & Reed Kansas City Marathon with Ivy Funds, Marathon, Half Marathon, Team Relay & 5K**
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**MAY 24 - 5th Annual American Hero 25K Relay, 5K, 5K Wheelchair, 25K & 400m Youth Run**
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support@brycecanyonhalfmarathon.com
**www.brycecanyonhalfmarathon.com**

**JUL 19 - REVEL Rockies Marathon & Half Marathon**
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**www.runrevel.com/rockies**

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**www.runrevel.com**

**OCT 4 - Portland Marathon & Half Marathon**
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CONTINUED FROM PAGE 85

ule—with a PR of 3:25. He could throw in a sub-four-minute mile right now and I'd probably still be marveling at that 4:01.

**IT WAS DICK BROWN** who brought Ben Andrews, a four-minute miler he was coaching, inside for the first time in 2000. As it happened, their visit coincided with Kelley Slayton's final loss. "I don't remember being nervous," Andrews, who now runs a real-estate company, told me. "More just curious about all of it. What had happened to these people? I'll never forget the first time I saw Kelley out in the yard. He was so amped. He looked like he had headphones on but he didn't. He was just getting ready to race."

"And that first time, you were in there to race?"

"The first time," Andrews said, "I ran with them. I was like, *I'm not gonna be the asshole that comes in here and kicks these guys' asses*. And someone five meters back yelled, 'Hey, Pretty Boy! You better run! You didn't come here to talk!' They called me Pretty Boy because I shaved my legs—"

"Oh boy."

"Yeah! Just chirping, 'Pretty Boy, Pretty Boy!' and I'm thinking, *I'm dead! What do I do?* So I went back into the pack and introduced myself, and the guy was like, 'I wanna tell you something. If you don't run hard, you won't be welcome back. They might let you in, but you won't be welcome back.'"

"What'd you do?"

"What do you think?" he said. "After I won, that's when I saw the real race is for second. Rock and Johnny Ace are racing. Johnny Ace? Skinny black guy—he's been in and out—you've probably seen him. He's not as fast these days. Good guy—from what I know—"

"Yeah."

"So I'm kind of rooting them both on. And Rock's leading leading leading, and then Johnny just outkicks him. You've seen Rock, he's tatted up, he looks like a bad dude. And he was crying. He wasn't hiding. It was just raw emotion. He was just stripped. So I went over to tell him, 'Hey man, good race. What's the matter?'

"He said, 'I hate losing!'

"And I said, 'I can help you to never lose again.'

"And he just looked up, and it was like his tears went *szzwwhhoop*—" Andrews makes the sound of a vacuum cleaner, "right back into his eyes. And he said, 'What can you teach me, man?'"

And with that, Andrews was the next elite runner to coach prisoners.

"I went from a $400 phone bill my freshman year of college calling my mommy and daddy," Andrews says, "to $400 of collect calls with Kelley a few years later. The way our lives changed—I went through some tough times—and he was one of the friendly voices in my life, telling me, 'Hey man, it's gonna be all right.' We're from the same part of town. It could have all gone differently had he not been using. It changed my life forever, meeting Kelley. To think that me—" Andrews tapped a finger on his chest, "—that I could have an impact on someone..."

"Did you have any anxiety as his release date neared?"

"No. This was my friend about to enter a new chapter of his life. That's all it came down to. Recently, I hired someone with a record—all because of my relationship with Kelley. I view people differently now.

"I went in with Kelley, his first time back. That was powerful. I remember holding his hand, walking down that hallway after they take your ID. I remember squeezing it, saying, 'You've put in the work, man.' And he looked at me. Tears. And he was like, 'I'm doing it, I'm doing it.'"

**"THESE RUNNERS TODAY,"** the announcer says, "on average, are burning 120 calories per mile." Throughout the race, he dispenses fun facts along with race updates. In the background, Paul Simon gives way to Bruce Springsteen gives way to Pharrell Williams. Scott and I average a little less than one song per lap.

The other runners—the runners we're passing—always have something encouraging to say. "Keep it up! You're flying."

"You too!" we say.

"The oldest person ever to finish a marathon was 101 years old," blares the announcer.

Just about every body type possible is represented out on the course, with inmates ranging from their 20s to their 60s. Some, like Jeff, are remarkably fit. Others are carrying a bit more around the middle. When each runner reaches a noteworthy lap, the announcer says that so-and-so is "halfway there," or "two-thirds of the way there," and there is a resulting cheer. I wonder if any of this can be heard on the other side of the wall, out on the sidewalk.

"During the race," the announcer blares, "these runners will lose approximately one pint of water out of their feet."

My feet, incidentally, are feeling lighter and lighter. This is not how my races usually go. Our splits start to dip down under three minutes. I'm starting to think 1:33 is possible. Wait...what? A pint of water out of my feet? Did I hear that right? That can't be true...I'd be squishing around like crazy. I turn to Scott, to see if maybe I've misheard, but he's not there. I catch sight of him maybe seven, eight meters back. Still looking smooth, still smiling big. "Come on, Michael," he says. "Get that PR."

I continue alone, each lap slightly faster than the one before. The cheering gets louder and louder. My lap counter holds up 10 fingers. Then nine fingers, then eight. Beneath the water station, my energy gel is right where I left it. Everything is going my way. I'm beginning to dream of a 1:31.

Before too long, I hear Jeff's footsteps a second time. "You're killing it," I say.

"Looking good yourself."

Along comes Gary. "You gonna get him?" I ask, nodding at Jeff's receding figure.

"He's pretty fast," Gary says, pulling ahead of me effortlessly. "I don't know."

But Gary's an understated guy, and he probably does know, and I'm stoked to have a front-row seat as he continues to reel Jeff in. But I know that no matter how good I'm feeling, theirs is not a pace I should be running, so I force myself to slow down. Before long they're across the yard, and my head is semi-permanently turned so I don't miss the big moment, the moment we'll talk about all the way back to Portland.

Gary catches Jeff around the horseshoes. They race side by side through the swamp. Just ahead of them are two pairs of guys they're about to lap. And just beyond those guys is the narrowest section of the course, the beginning of the loop around the barn, where a guard stands next to an open gate. Gary realizes that he has just enough time to get around the slower runners before the gate, so he throws in a surge. Jeff can't quite cover the move. Gary gets through the gate first.

"FUCK!" Jeff bellows.

**"IT WAS A LITTLE SCARY,"** Gary admits to me on the ride home. "At the time I thought Jeff was yelling at me."

"Oh, man."

"When he finished, I felt a little sheepish going up to him. I still wasn't sure, you know? But he was so nice. What had happened was, he'd gotten hung up behind

the other guys. So I think he was yelling at them, in frustration, or maybe himself. He wanted to win."

"But for that one split second—"

"I thought I had an angry convict chasing me." He laughs. "Could you believe all the fruit at the end?"

I confessed I was not expecting to be served mango.

"Those guys put on a great race," Gary says. "I felt like a rock star out there. Everybody was just—" He shakes his head.

"When was the last time you won a race?" I ask.

"Maybe...high school?"

"Next year?"

"Yeah," Gary says. "I'd do that again."

We make good time on I-5 until the Terwilliger curves, where early rush-hour traffic threatens to scramble up our plans. "Friday," Gary sighs. He's got a full afternoon of work ahead of him. Today also happens to be his son's 15th birthday, which means—yikes—learner's permit time. As for me, I have a wedding to get to out on the coast, and I'm starting to worry that I won't have enough time to shower before I collect my friends. And how in the world are these legs going to function on the dance floor?

"It's gonna be a long day," I say.

"Oh, back to the free world," Gary says. "Free world problems, here we come."

**"WHEN I WAS IN THERE,"** Kelley Slayton told me, "and I knew people from the outside were coming, it was a day of greatness. Those were special days of the year. I'll go back again."

"Ben Andrews says he'll come in with us for the half," I said. "That he wants to break 90."

"I'll believe that when I see him on the line."

"Well, I'm in," I said. "You versus Jeff? I wouldn't miss that."

"I've been hearing things," he said. "The guys call me from the yard. 'Rock, you coming in next month? This new guy is fast. You think you can take him?'"

"And you think you can?"

"After I got out," he said, "there were times I would tell myself I was never gonna go back. And run with that wall there. It seems like my whole life I was running with that wall there. When you're out here, running in the community, you've got stuff on your mind. You're planning your day, stuff like that—but in there, when I was running every day, sometimes I'd go through this stage, like, *What do I have to look forward to? I hate that wall.* And I'd imagine flying over that wall and never having to see it again. Then when I came back for the first time, and ran—before the race even started, just warming up around the track, I went over to it and I was just—running my hand down the side of the wall. Like, wow. I don't know if it was a spiritual experience, but this wall, that had been here for so long—and I hated it, I used to hate it, when I was in there—I was crying about it. I was happy. I was happy that I'd come back."

"Is it hard to say goodbye when it's time go?"

"Still. Every time I go in. I care about those guys. I grew up there. I truly feel like I grew up as a person there. When I go back," he swallowed, his voice scuffed with emotion, "the toughest thing for me is leaving. That first time, when it was time to leave, I got this kind of eerie feeling. And ever since then, every time, it's the same thing. It's hard for me to leave.

"I don't understand it. It's awkward saying goodbye. "

**AT MIDNIGHT,** strolling down to the Pacific Ocean, my legs still feel light. We leave our shoes in a pile and head for the water. Cold waves break over our feet and someone pops the cork on the champagne. "To Mollie and Russ!" we holler. The stars are toasting them overhead. All of this—rather than distancing me from what happened this morning—brings it back, with a sobering new focus.

Those men I ran alongside today: How many nights like tonight have they kept from happening? How many joyful moments have they destroyed? For so many of their victims, the losses—of loved ones, of trust, of a sense of safety—are ongoing. The notion that this story might inadvertently reawaken somebody's trauma makes me catch my breath.

But I keep coming back to something James told me. "There are three reasons we run in here," he said. "We're running *from* our past—and from the stress and depression that come from being in here. We're running *to* something, doing what we can to feel normal and healthy. And we're running *for* something—to show the world outside that we're improving, in honor of our victims." The miles may never add up, but that doesn't make the effort any less noble.

My feet are numb. I go back to the shore with my old pal Dempsey while the rest of our friends wade further out. I stifle the urge to yell out a warning.

"Think you'll be up for a run in the morning?" Dempsey asks.

"Unlikely," I say.

"You know who won't be taking the day off—"

He's joking, but he's probably right. Tomorrow morning, every one of the prisoners—even the slowest, Kip—will likely be waiting in their cells, shoes on, anticipating the moment the guards come by for running turnout.

During the race, Kip was just one more man in blue. I have no idea how many times I lapped him; he didn't stand out in any way. In fact, I don't think I heard his name until an hour after I finished, long after my sweat had dried and my IT bands were as stiff as two wet towels left out in the sun. That's when I heard the announcer saying, "Kip has two laps left."

Someone was still out there? Here we were, gorging on fruit and lounging in the grass and feeling generally terrific, and there was Kip, 37th out of 37, shuffling along in the shade of the 26-foot wall. We got to our feet.

I saw that Kip was the inmate who'd pinned the photo of his family to his shorts.

While we watched him circle the yard for the second-to-last time, the guys told me his story. Kip had been a meth addict. One day he got himself into a high-speed chase and crashed into a cop car on the freeway. So he got sent here, and not long into his sentence, he was diagnosed with renal cell carcinoma. Cancer. In this place. Can you imagine? But he beat it. He beat cancer. And so, earlier this year, just a few months ago, he and his wife decided to become runners. They wanted to clean up for their kids and work toward something together. And here he was, about to finish his first half marathon.

Come on, Kip.

We cast aside our Dixie cups and settled in behind him. Everyone was a runner, even the people who didn't run, the people in blue jeans—the lap counters, the water station volunteers, the guy standing alone by the horseshoes. Kip didn't acknowledge us. He just stuck his head forward and led us past all the old landmarks. Goodbye, golf course. Goodbye, horseshoes. Goodbye, swamp. By the time we rounded the barn, I was almost expecting the wall not to be there.

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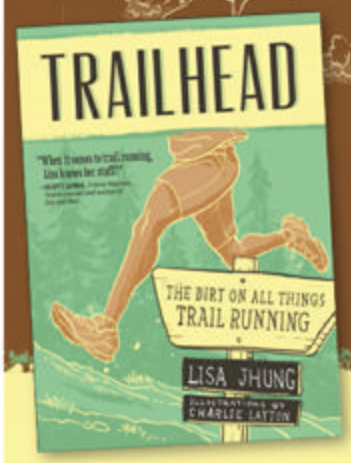
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I'M A RUNNER

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# ADRIAN GRENIER

*ACTOR, 38, NEW YORK CITY*




**I STARTED RUNNING** four or five years ago just to stay in shape. It wasn't until I started high-intensity interval training and sprints that I really got into it.

**YOUR BODY RESISTS.** It's like, "Don't push too hard or you're going to die." Then you tell your body, "Yeah, that's why you have to get better!" It's a conversation between your will and your limitations. It's up to you to survive and thrive.

**I'M NOT REALLY** a distance guy. The 10K has sort of been my limit. I'm more into increasing my speed, really.

**I'VE DONE SOME** 10Ks for charity. Last year, I ran the New Year's Resolution race in L.A. to help clean up plastic in the ocean. I'm not sure of my exact time [it was 46:24], but I placed second.

**I'M REALLY INTO** my new Polar heart-rate monitor. It connects to my iPhone to track my performance and helps me set little goals for myself.

**CONNECTING THE ACTION** to the physiology and science allows me to understand what I'm doing. I'm not just putting one foot in front of the other. I'm giving my body an opportunity to be better.

**I LIKE TO MIX UP** the music when I'm running. I like hip-hop for sure. SBTRKT is my favorite band right now. That new one-off track is really good.

**I LIVE IN BROOKLYN,** so running in Prospect Park is always awesome. I also love to run in Griffith Park when I'm in L.A.

**ONE OF MY FAVORITE** runs is Bondi Beach in Australia. I've been there a few times for *Entourage*. You run along the beach, then go up on the rocks with the ocean splashing and feel the mist from the waves. It's just incredible.

**FANS SOMETIMES** recognize me when I'm running. Of course it's a good thing seeing somebody being healthy, but they always want to take a picture when I'm all sweaty and gross. They'll be like, "Vince! Where's Turtle at?"

**WHEN BICYCLES** try to pass me, sometimes I like to race them. When I do that, the cyclist is always like, "You're trying to beat me? I'm on a bike!" Then they look at me and they're like, "Oh!" and there's a little smile. It's always a cool moment.

Grenier starred as Vincent Chase on the Emmy-nominated HBO show *Entourage* from 2004 to 2011—a role he reprises in the movie based on the series, opening in June.

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